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The Haskell Free Press

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"The People's Choice"

12 PAGES-ONE SECTION-50 CENTS



HAZARD CLEARED—Bud Turnbow, County Commission, Pct. 4, was instrumental in clearing property behind the closed Allison Farm Supply building, which had become a health and fire hazard. Rattlesnakes and skunks were known to be living in the

brush and trash which had accumulated for years in the unattended area. Receiving permission to clear the unsightly lot from County Judge David Davis, Turnbow bladed it down, filling several truckloads to be hauled away.

Workshop to provide info to area farmers

Agriculture Commissioner Rick Perry announced that the Texas Department of Agriculture will host a workshop on Wed., Aug. 12, in Stamford aimed at providing valuable information to drought-stricken farmers. Topics will include the disaster loan application process, resuming production following the drought and working with local banks for new agricultural loans.

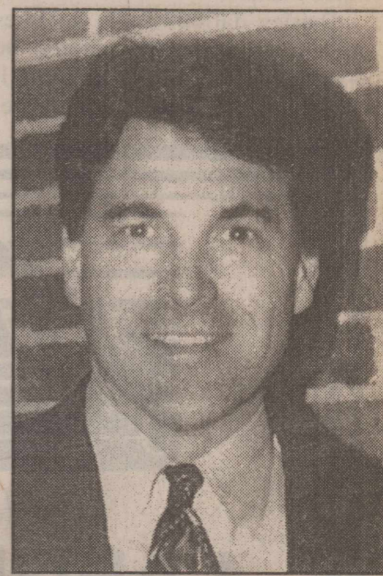
The workshop will begin at 1:30 p.m. in the St. John Methodist Church basement, 201 S. Ferguson, in Stamford. The seminar is free and open to all agricultural producers in the area.

"Reliable information is a critical tool for farmers to ensure they make it through this drought and remain a part of Texas agriculture," Perry said. "I encourage every producer in the area to attend this workshop so they can be better prepared for the coming months."

Perry notes the Texas A&M University System, Texas Tech University and the U. S. Department of Agriculture Farm Service Agency will be working with TDA to assist producers at these workshops.

All 254 counties in Texas have been declared an agricultural disaster because of drought. The designation allows farmers in each county to apply for low-interest loans from the USDA Farm Service Agency.

In addition to providing background on the disaster assistance process, the workshop will offer essential information on resuming production following a



RICK PERRY

drought. Ideas on managing farmland, pastures and water resources will be shared by leading specialists.

Area banking representatives will also be on hand to assess the drought's impact on lending practices as well as the effects on agricultural loans for the 1999 crop year.

The Stamford workshop is one of 10 being held statewide throughout the month of August. TDA workshops are being held in Lamesa, Navasota, Weslaco, Victoria, Uvalde, Tyler, Plainview, San Angelo and Waco.

For more information on the TDA workshops, contact Katie Dickie Stavinoha, TDA special assistant for Producer Relations, at (512) 463-7593.

Lots at The Anchor top Commissioner's agenda

Topping the agenda of the July 28 meeting of the Haskell County Commissioners Court was discussion of lots usage at the Anchor at Lake Stamford. Precipitated by a request from V. L. McKinney for permission to build a boat shed on a lot adjacent to his lot, the Court decided to review each such case separately, rather than setting a list of regulations on what could be done with vacant lots, as caretaker Bobby Morris had suggested.

In the future, all uses or structures at the Anchor have to be approved by the Court. Nothing can be built that cannot be moved quickly. McKinney was given permission to erect the boat shed with the understanding that he may have to move it later.

All RVs and campers of people visiting Anchor residents have to be parked on the resident's lot to avoid fees. All parked on vacant lots will

be subject to overnight fees.

Bobby Collins, Tax Collector, has use of the interest monies resulting from the new car sales escrow account. This is a separate account of funds collected from the car dealerships. The interest is used in the Tax Collector's office. The principle of the account is sent to the State.

Commissioner Kenny Thompson reported that Fisher County has joined the counties now committed to using the new Regional County Jail when completed.

Motion was made by Commissioner Ronnie Chapman to sealcoat the north end of Ave. A and the Country Club Road. Also a request was added by Commissioner Thompson to sealcoat Jeffcoat Road. Bids will be taken for both projects.

Commissioner Billy Wayne Hester urged the Court to start working on a water district election. Such a district is important for the local counties to control use of underground waste. This would be a non-taxable entity.

In other business: Approval was given for new chairs to be bought for the jury room; Jo Ellison was hired at the ECC as receptionist and collector of money for meals; Commissioner Hester asked the Court to establish a fire evacuation policy for the Courthouse; it was reported that the recent elevator inspection calls for some repairs; the current \$10.00 Road and Bridge fee on auto tag renewal will be continued.

Entry forms due

by Greg Kaase
Haskell Co. Extension Agent
Haskell County 4-H livestock exhibitors wishing to exhibit their 4-H project(s) at the State Fair of Texas in Dallas will need to fill out entry forms by Fri., Aug. 21, 1998.

Call the Haskell County Extension Office to set up an appointment with Greg Kaase, County Extension Agent-Ag. If you have any questions, please contact the Haskell County Extension Office at (940) 864-2658.

Stenholm discusses plans for energy assistance program

Following an announcement last week concerning the federal government's \$32.7 million emergency assistance to Texas through the Low-Income Home Energy Assistance Program (LIHEAP), Congressman Charlie Stenholm has provided additional information about the state's plan for distribution of this money.

Funds for Haskell, Jones, Kent, Stonewall, Throckmorton Counties will be administered through the

Aspermont Small Business Development Center, Inc., which can be reached by phoning (940) 989-3538. The local program will have \$171,664 in federal and state emergency funds to distribute to residents of six counties, Haskell county included. The local program should receive the funds later this week.

"I commend the state for moving quickly on distributing these emergency funds," Stenholm

commented. "Living with this degree of sustained heat can be hard on all of us, but it is especially dangerous for the very young and the very old who are living without adequate cooling mechanism in their homes. I'm hoping that these funds will provide some desperately needed help immediately."

Eligible low-income citizens include the elderly; disabled, families with very young children and households with the lowest incomes and highest energy costs. The target population is households with incomes at or below 125 percent of the federal poverty guidelines. A family of four, for example, must have an annual income not exceeding \$20,563 to be eligible for utility payment assistance. An individual must have an income not exceeding \$10,063 to be eligible.

Households are potentially eligible to receive up to \$1,000 in utility assistance under the regular utility assistance program and up to an additional \$1,000 under a separate energy efficiency program. Applications for those meeting the income eligibility requirements can be obtained through the Development Center.

In a related note, the National Center for Disease Control is advising citizens that at temperatures in the high 90s and above, the use of fans may actually increase heat stress and the risks of heat stroke. It is for this reason that in extreme situations such as Texas has experienced this summer, emergency funds may be used for the purchase of air conditioners.

The Texas Department of Housing and Community Affairs is the lead state agency in administering the state's share of the federal emergency energy funds. The Agency will not process any applications and so all citizens needing information are instructed to contact the local community action agency.

County schools rank well

Haskell County schools fared well in the TAAS test results and the accountability rankings which the Texas Education Agency released Mon., Aug. 3.

Earning "Exemplary", the highest rating given, were Paint Creek ISD, Paint Creek School, and Rochester ISD and Rochester School. Receiving the "Recognized" rating were Haskell CISD, Haskell Elementary, Haskell High School, and Rule ISD and Rule School.

The Accountability ratings are determined by attendance figures, dropout rates and the passing rates on the Texas Assessment of Academic Skills exam.

The Exemplary rating requires at least 90.0% passing of Spring '98

TAAS subject areas, reading, writing and mathematics (all students and each student group); 1.0% or less drop-out rate, 1996-97 (all students and each student group); and at least 94.0% attendance rate, 1996-97 (grades 1-12). No required improvement is applicable to this top rating.

The Recognized ratings are determined by having at least 80.0% passing of Spring '98 TAAS subject areas, reading, writing and mathematics (all students and each student group); 3.5% or less dropout rate, 1996-97 (all students and each student group); and at least 94.0% attendance rate, 1996-97 (grades 1-12). No required improvement is applicable to this rating.

Haskell Co. election judges named

In the matter of naming county election judges and alternate judges to serve for the November general election, the Commissioners Court has released the following lists reported by Sharon Mullino, Haskell County Democratic Chair, and Doyle High, Haskell County Republican Chair.

Democratic Judges: Pct. 1, Flora Pace, Haskell; Pct. 2, Bobby Howard, Sr., Haskell; Pct. 3, Glenn Merchant, Haskell; Pct. 4, Sharon Alves, Haskell; Pct. 5, June White, Rule; Pct. 6, Susan Turner, Rochester; Pct. 7, Audre Johnson,

O'Brien; Pct. 8, Joyce Hager, Weinert; Pct. 9, Sue Howard, Alternate, Paint Creek; Pct. 10, F. A. Ulmer, Sagerton. Early Voting Judge, George Mullino, Rochester.

Republican Judges: Pct. 1, N. A.; Pct. 2, Jennifer Burgess, Alternate, Haskell; Pct. 3, Ruby Turner, Alternate, Haskell; Pct. 5, Molly Cannon, Alternate, Rule; Pct. 6, N.A.; Pct. 7, Richard Palma, Alternate, O'Brien; Pct. 9, Dave Brown, Judge, Haskell; Pct. 10, Renee Dudensing, Alternate, Sagerton. Early Voting Alternate Judge, Patrick Pace, Rule.

Calendar

Social Security

A representative from the Social Security Administration will be in Haskell at the City Hall annex Thurs., Aug. 6 at 9:30 a.m.

Sunday in the Park

The tenth annual Sunday in the Park, sponsored by the Haskell Chamber of Commerce and the City of Haskell, is set Aug. 23 from 1 to 5 p.m. Those who wish to have a booth should call the Chamber office 864-2477 or City Hall 864-2333 before Aug. 19 to register. Booth locations are on a first-come first-served basis.

MDA Fill-a-Boot

The Haskell Volunteer Fire Department will conduct the annual Muscular Dystrophy Association's Fill-a-Boot drive Sat., Aug. 8 on the square.

Band Boosters

The Haskell Indian Band Boosters will meet Tues., Aug. 11 at 6 p.m. at the Band Hall. Officers will be elected. A hot dog supper will be served to the band students. Parents are needed to help with the supper.

Marine Band

The U. S. Marine Corps Battle Color Detachment will perform at Shotwell Stadium Aug. 8 at 8 p.m. The concert will feature the U. S. Marine Drum and Bugle Corps, the Silent Drill Platoon and the Marine Corps Color Guard. The event is free.

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FOR NEWS ITEMS OR TO SUBSCRIBE, CALL 864-2686

Green Thumb

By Gladys O'Neal

The weather being so hot has made the annuals have a scraggly look. Pick or pinch blooms to encourage new flowers.

It's a good time to order bulbs, so you will be first on the shopping list.

The best time of the day for dusting roses is late evening when the air is still and fresh dew is on the foliage and it holds the dust.

If you plan to grow your own pansies, plant the seed now in moist soil.

If any of your plants show any signs of red spider, dust them thoroughly with sulphur or malathion.

It is now time to spade the garden for fall planting. Soak it well if it is too hard and then let it dry out so it will break into small particles.

Since germination is poorer at this season, plant a few more seeds than you would in the spring.

Keep feeding chrysanthemums a liquid manure.

Daisies, daffodils, iris, day lilies are among those that should be divided in late summer or fall. Prepare the new bed in advance.

Add organic matter to the soil and remember perennials need good drainage.

Lilies are best planted in autumn or very early spring. Lilies are quite adaptable to soil types but will not thrive in perpetually moist conditions.

They prefer a cool root run combined with a bright sun above ground for at least six hours per day.

For each lily, dig a relatively large hole and put organic matter like well-rotted manure or peat moss plus a half cup of high phosphorous, low-nitrogen fertilizer into the soil. Cover to a depth of at least twice the height of the bulb. If the bulb is two inches from up to base, plant no less than 4 inches below the ground level.

Water as needed throughout the growing season and you will be rewarded with years of pleasure.

I have a wonderful statement I want to pass on to you. Many vegetables hold the key to preventing cardiovascular disease. Here they are: green peppers, cauliflower, broccoli, cabbage, spinach and tomatoes are high in

vitamin C which protects against heart disease.

Take your eggshells and crush them well. Put about one cup of the crushed eggshells in a large jar. Fill the jar with either distilled water or rain water. Do not use chlorinated water. Put the jar in a cool dark place for at least 10 days. Use 1 tsp. of this eggshell water in a quart of distilled water or rain water to fertilize your house plants. It doesn't smell nice, so take the plants outside to feed them. It makes the plant leaves much greener and they seem to love it.

Garlic can be a life-saver for your roses. Place one or two garlic cloves in among your rose bushes and they will never be bothered by aphids or other insects.

Happy gardening to you all.

Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 1033 head of cattle at its sale on Saturday, Aug. 1, according to Gary Tate, reporter.

Packer cows and pairs steady. Stockers and feeders \$1 to \$2 cheaper.

Cows: fat, .34-.38; cutters, .34-.39; canners, .20-.35. Bulls: bologna, .42-.48; feeder, .55-.65.

Steers: medium and large frame No. 1 200-300 lbs., .74-.89; 300-400 lbs., .67-.84; 400-500 lbs., .64-.84; 500-600 lbs., .59-.73; 600-700 lbs., .57-.71; 700-800 lbs., .57-.67; 800-up lbs., .44-.64. Heifers: medium and large frame No. 1 200-300 lbs., .64-.79; 300-400 lbs., .59-.74; 400-500 lbs., .57-.74; 500-600 lbs., .67-.71; 600-up lbs., .44-.67.

Bred Heifers: medium frame, 350-450.

Bred Cows: young to middle aged, 350-525; aged or small, 250-350.

Cows with calves: medium frame No. 1 young and middle aged, 450-625; aged or small, 300-450.

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Obituaries

Clara Weaver Biard

Funeral services for Clara Weaver Biard, 85, of Haskell were held Thurs., July 30 at First Baptist Church with Rev. Jim Turner officiating. Burial was in Willow Cemetery under the direction of Holden-McCauley Funeral Directors.

Mrs. Biard died Mon., July 27 at her home.

Born Aug. 30, 1912 in Haskell County, she was the daughter of Roy and Addie Weaver. A graduate of Haskell High School, she married Myron Biard June 6, 1920 in Munday. Together they owned and operated Biard's Clean-

ers in Haskell for 30 years. She was a member of the Business and Professional Women's Association and an active member of Alanon. She was a member of the First Baptist Church where she attended the Fidelis Sunday School class.

She was preceded in death by her husband in 1987; three sister, Artie May Burkett, Veta Furrh and Opal Adkins; and two brothers, Arlos and Cecil Weaver.

Pallbearers were Troy Brown, Gerard Kuehler, Jack Davis, Don Nanny, Twain Mickler and John Bryan.

Jack Martin

Haskell Aug. 14, 1981.

He was preceded in death by his parents; one daughter, Kateena Loraine Martin; one sister and four brothers.

Survivors include his wife, Doris, of Haskell; two sons, Jack Martin Jr. of Breckenridge, and Thomas Martin of Santo; five daughters, Kay Pelton of Anson, Kim Purcell of Brownwood, Kristy Becker of Kaufman, Debbie Holder of Odessa and Karen Goode of Clyde; one brother, Max Martin of Abernathy, 22 grandchildren and 31 great grandchildren.

Memorials may be made to Hendrick Hospice, P. O. Box 1922, Abilene, Texas 79604.

Lakin Pake Rosenquist

McKenzie of Tulsa, Louise Massey of Stamford and Gene Culppepper of Haskell; one great grandfather, Bud Rosenquist of Stamford; one great great grandmother, Effie Lawson of Stamford; aunts and uncles, Shayne McKenzie of Haskell, Bart and Mary Rosenquist of Miles, Darron and Audrey Rosenquist of Abilene, Mark and Lisa Rose of Dallas and Joey and Cheryl Rose of Dallas.

Pallbearers were Bart Rosenquist, Darron Rosenquist, Mark Whittemore, Bryan Stokes and Justin Rosenquist.

Memorials may be made to Cooks Childrens Hospital, 801 7th Avenue, Fort Worth, Texas 76104-2796 or the Ronald McDonald House, Friends of Children, 1004 7th Avenue, Fort Worth, Texas 76104.

Minutes count during medical emergencies

Minutes count in medical emergencies. What people do in the time between their call to 9-1-1 and when emergency medical technicians or paramedics arrive could prevent death or disability, according to the Texas Department of Health (TDH).

"Some of the most critical moments in a medical emergency are right after the problem has occurred, whether it's a car wreck or heart attack," said Dr. William R. Archer, III, Texas Commissioner of Health. "If you think it's an emergency, call EMS. Then take steps to help the victim until EMS arrives. Traumatic injuries are the leading killer of young people between the ages of 1 and 44 and more than 9,600 Texans died of trauma in 1996."

TDH offers these tips on the care that you can give an injured person before EMS arrives:

- Heart attack/chest pains
Call 9-1-1 immediately. Have the person sit or recline, whichever is more comfortable. Loosen clothing at neck, chest and waist. If the person collapses and loses consciousness, try to awaken him or her. If there is no breathing and no pulse in the neck, begin CPR, if you are trained.

- Bleeding
Call 9-1-1 immediately for serious or spurting blood. Have the person lie down. Apply firm, direct pressure over the wound to stop bleeding. Use the cleanest available pad—a cloth, handkerchief or clothing if necessary. If the pad becomes soaked, leave it on and put another one on top of it. Do not use tourniquets. Avoid coming in contact with another person's blood. Elevate the injured limb

unless a fracture or broken bone is involved. Raise the person's feet higher than the head. Maintain pressure until EMS arrives.

- Broken bones

Call 9-1-1 immediately for a serious injury such as a broken or dislocated bone. Keep the injured limb from moving. Apply cold (not ice) packs to minimize swelling. If a bone protrudes through the skin, cover it with a dressing, but do not try to push the bone back in. For excessive bleeding, use direct pressure around the area. If you suspect multiple broken bones, or the bone protrudes through the skin, or when the neck, back, pelvis or thigh might be broken, do not attempt to move the person unless he or she is in immediate danger.

- Burns

Remove the person from danger and the source of the burn if it is safe to do so. For serious burns, call 9-1-1 immediately. Cover the burned area with a cool, wet cloth, but do not over-cool. Raise burned arms or legs higher than the person's heart. Do not break blisters or remove burned skin. Do not use butter, ointments or home remedies. For small or minor burns, immerse in cool water. Keep the body temperature normal—cover the injured person lightly if necessary and if possible.

- Convulsions/seizures

Call 9-1-1 immediately. Protect the person from further injury by removing obstacles. Turn the person to one side and do not try to restrain movements. If the person has fallen or shows evidence of injury, do not move the person unless he or she is in immediate danger. Do not prop up the head

and do not put anything in the person's mouth.

- Head, neck or back injuries

Call 9-1-1 immediately. Do not wait to see if pain or discomfort goes away. Tell the person to remain absolutely still and calm. Do not move the person unless he or she is in immediate danger. Severe, deep cuts should not be cleaned. Cover cuts with a clean cloth and do not apply heavy pressure to bleeding area. Do not attempt to stop bleeding from the ears, nose or mouth.

- Poisoning/overdose

Call 9-1-1 immediately. Then call the Texas Poison Control Network at 1-800-POISON-1 and describe the product, the amount swallowed and time it was taken. Look inside the person's mouth. If you see burns or smell something similar to gasoline, do not induce vomiting. Do not use syrup of ipecac unless the poison control center tells you to use it. Send a container of the suspected poison to the hospital with the person.

Whenever you call 9-1-1, remain calm or have a calmer person make the call. Answer the 9-1-1 dispatcher's questions, which will usually include the address of where the emergency is, the name of the ill or injured person and what is wrong and your name and the telephone number of the location. Stay on the line until the dispatcher tells you to hang up. Have someone wait near the street or in the parking lot to direct EMS to the injured or ill person.

"The care that you provide for an injured person may be the care that saves a life," Archer said. "Now is the best time to learn what to do in an emergency."

To receive a copy of TDH's brochure "When Minutes Count: A Citizen's Guide to Medical Emergencies," call the Bureau of Emergency Management at 512-834-6700 or write TDH Bureau of Emergency Management, 1100 W. 49th St., Austin, TX 78756.

Sports creams may help sore muscles

Sore muscles may benefit from sports creams, but not for the reasons you might think.

"The heat generated during the process of applying it probably helps more than the cream itself," said Dr. Lon Castle, a clinical instructor at Baylor College of Medicine in Houston.

Castle said that the mind's ability to hasten the healing process may contribute to the feeling of relief. If you truly believe the cream works, you may derive some benefits.

Contrary to popular opinion, however, the creams do not penetrate into the muscle.

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MR. AND MRS. JASON SHANE HILLIARD

WEDDING—On November 29, 1997, Jason Shane Hilliard, son of Ronald and Edith Hilliard of Odessa, and Heidi Anne Bergkamp, daughter of Kathy Bergkamp of Fort Worth and Tim Bergkamp of South Dakota were married. The nuptial mass took place at Holy Family Catholic Church, Fort Worth, with a reception following at Woodhaven Country Club. In attendance were Grandmothers to the groom, Sena Mae Murray of Rule and Bernice Hilliard of Haskell. Jason and Heidi Hilliard live in Midland.



MRS. JAMES HOPKINS

Powell, Hopkins wed in Plainview

Mendy Powell became the bride of James Hopkins Fri., July 24. Rev. Robert Roecker officiated the double ring, candlelight ceremony at College Heights Baptist Church Chapel at Plainview.

The bride is the daughter of Mr. and Mrs. Don Macha of Plainview. The groom is the son of Mr. and Mrs. Howard Hopkins of Haskell.

Polly Morgan of Plainview presented the nuptial music at the piano, accompanied by Jennifer Morgan of Plainview on the violin.

Given in marriage by her parents, the bride chose a sleeveless, bateau neck formal gown of gold and ivory brocade. A peau de soie bow held the tiered veil of imported tulle.

Attending the bride as matron of honor was her mother, Judy Macha. Howard Hopkins, father of the groom, served as best man. As a rendition of "Jesus Loves Me" was played, Darrian Powell, son of the bride, presented the rings. Candle lighter and usher was Monty McClain of Kansas, brother of the bride.

A dinner reception was held at the Cotton Patch Restaurant in Plainview.

After a wedding trip to Park City, Utah, the couple will reside in Dumas, where Hopkins is the manager of Goodpasture, Inc.'s new retail fertilizer and chemical facility. Powell is currently a travel consultant with Southwest Passage Premier Travel.

Smokeless tobacco is dangerous too

Here is something for you to chew on. When it comes to tobacco, smoke isn't always needed for there to be a fire.

As the U.S. government pursues a financial settlement with tobacco companies, the health risks of smoking remain in the news. But smokeless tobacco—chew and snuff—is also a threat to good health.

"We need to remind people, especially young people, that smokeless tobacco is as addictive and dangerous as smoking tobacco,"

said Dr. Richard Mabry, professor of otorhinolaryngology at UT Southwestern Medical Center at Dallas. "I've been around baseball for years, and it's disappointing to see that some young players continue to chew or dip because their major league heroes do."

Mabry said the burning or tingling that smokeless tobacco brings is a sign that tissue in the mouth is irritated. Even people who chew or dip for only a few years sometimes develop mouth cancer.

Local women attend TFWC summer workshop

Nine members of the Progressive Study Club of Haskell

attended the 38th Annual Summer Workshop of the Texas Federation of Women's Clubs (TFWC), Mesquite District, July 27 in Knox City. From the Haskell club were, Frances Lane, Bettie Wainscott, Oleta Cornelius, Eva Dunnam, Marjorie Huss, Mary Kaigler, Nancy Toliver, Erma Liles and Kathryn Schonerstedt.

Hosted by the Knox City Study Club, all activities, including lunch, were held at the First Baptist Church.

Fifty club leaders from the District's thirteen clubs attended. Cities represented were Albany, Anson, Baird, Clyde, Hamlin, Haskell, Knox City, Merkel, Moran, Rochester, Stamford and Throckmorton.

Following the welcome by State Rep. David Counts, of Knox City, Mesquite District First Vice-President, Nancy Toliver of Haskell gave the response.

Mesquite District President, Lorea Kays of Moran introduced the TFWC Traveling Team made up of members of the State Executive

Committee.

State officers, President Marion Gamertsfelder of Dalhart, President-Elect, Mary Beth Guy, of Kirbyville, First Vice-President Bobbe Mitchell, of Sanderson, and Recording Secretary, Patricia Siegfried-Giles, of Lancaster, conducted the workshop on reporting procedures, department programs and projects, and membership.

During the afternoon session, recognition of past Mesquite District Presidents and TFWC and District Life Members was given by Mesquite District President-Elect, Mary Kaigler of Haskell. She also introduced members of the Mesquite District Executive Board, who spoke briefly on their area of responsibility and expectations for the coming term.

Before the adjournment, Life Member Erma Liles of Weinert, a past president of the Mesquite District (1964-66), led the group in reading the Club Collect in unison.

The Mesquite District Fall Board Meeting will be hosted by The Woman's Literary Club of Rochester, October 10.

Introducing solid foods to baby is matter of timing

Timing is the key, for both parents and infants, when introducing solid foods.

"Pick a time when there are few distractions and both you and the baby are relaxed," said Dr. Janice Stuff, a nutritionist at the USDA/ARS Children's Nutrition Research Center. "It's best to begin feeding them while they are sitting on your lap. They will feel more secure and more willing to accept the food."

The ideal time to introduce solid

foods to infants is between ages 4 and 6 months. Introduce single-ingredient foods first, beginning with one-half teaspoon to a teaspoon at a time to make sure the baby does not have a reaction.

"Start off with baby rice cereal, add breast milk or formula so it's not much thicker than milk," said Stuff, an assistant professor of pediatrics at Baylor College of Medicine in Houston. "It's best to follow cereal with vegetables, fruits, and meats."

Reid family holds reunion

The descendants of Lenord Reid and J. L. Reid met at Lake Hubbard. Kinfolk came from Houston, Dallas, Longview, Brownfield, New Braunfels, Abilene, Haskell and Weinert.

Fun, games, swimming and melted hearts were had by all.

Sunday morning worship was led by Thural Reid, son of Lenord Reid.

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Births

Chad and Kristi Gibson are proud to announce the arrival of their son, Chase Harris Gibson. Born at 12:47 p.m. on July 29, Chase weighed 8 lbs. 10 oz. and was 21 1/2 inches long.

Kevin and Cheryl Galloway and Paul Gibson, all of Lubbock.

Hospital

His maternal grandparents are La Rita Galloway of Lubbock and Floyd and Ruth Galloway of Abernathy. Paternal grandparents are Charles and Pam Gibson of Abernathy. Paternal great grandparents are Henry and Pansy Harris and Oris and Julia Gibson, all of Haskell. Proud uncles are

Admissions
Edna Kitchens, Haskell
Alice Lowrance, Haskell
Dismissals
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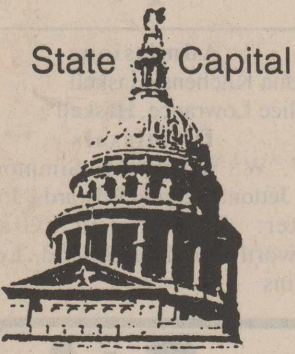
- 2 No. 1 or No. 2 Sonic Burgers
- 2 Large French Fries
- 2 Medium Drinks



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OPINION



HIGHLIGHTS

By Ed Sterling
TEXAS PRESS ASSOCIATION

After a long investigation of personal-care facilities in Texas, a Senate committee has found enough evidence, including deaths and poor treatment, to seek changes in the law.

Last week, the Senate Interim Committee on Home Health and Assisted Living Facilities recommended more thorough oversight by the state for frail, elderly people and others in assisted living or served by home health-care agencies.

"After 10 months of investigating and researching unlicensed personal-care homes in Texas, I am sorry to say that this story is repeated almost daily somewhere in our state," said committee member Sen. Mike Moncrief, D-Fort Worth.

Texas has an estimated 4,000 unlicensed assisted-living facilities with more than 900 personal-care facilities licensed by the Texas Department of Human Services, Moncrief said.

Among the panel's proposals:

- Help families get information or lodge complaints.
- Impose stricter requirements for assisted-living facilities.
- Centralize oversight among agencies that often don't share information.
- Increase the \$400 cap on facility-licensing fees.

The proposals will be forwarded to the 1999 Legislature, which convenes in January.

Scholarship Give-Back Is Eyed

Campaigns are gearing up for the 2000 elections so there's a lot of political interest in giving money back to taxpayers.

With a projected state budget surplus of \$6 billion, state officials are dreaming of ways to help students pay the high cost of a college education, as a way to return money to taxpayers.

Scholarship proposals range wide, from giving \$500 million a year to the neediest Texans, to giving every student with a certain grade-point average free tuition and fees regardless of family income.

Georgia, Florida and Kentucky dedicate their state lottery proceeds to pay for scholarship funds. In those states, students are eligible to receive scholarships regardless of their family income.

House Okes Nuke Waste Pact

Legislation allowing shipment of nuclear waste to a site near the West Texas town of Sierra Blanca was approved by the U. S. House of Representatives last week.

Radioactive Waste Disposal Compact, authored by U. S. Rep. Joe Barton, R-Ennis, has moved to the Senate for consideration. Texas Sens. Phil Gramm and Kay Bailey Hutchinson have supported the measure.

Congress already has approved nine such compacts involving 42 states.

The Texas compact would allow Vermont and Maine each to pay Texas \$25 million to ship their waste to the site.

Insurers Work on "Y2K" Liability

Insurers are working on a way to limit claims related to the potentially devastating Year 2000 computer problem.

Insurance Services Office, Inc., a New York-based firm that compiles loss data for insurers, has asked the Texas Department of Insurance to approve a standard form that insurers could use on liability policies to exclude claims on a "Y2K" problem.

The department has not yet taken action on the request, the *Austin American-Statesman* reported last week.

Helmetlessness Has Its Price

Since Sept. 1, 1997, motorcyclists have enjoyed the legal luxury of cruising down beautiful Texas highways with nothing separating their skulls from eternity by the wind itself.

Turns out, however, that fatal motorcycle accidents have increased since the use of helmets became optional for riders age 21 and older, Department of Public Safety records show.

Thirteen riders in 37 fatal motorcycle accidents from September to December 1997 weren't wearing helmets. In 1996, two motorcyclists died without helmets.

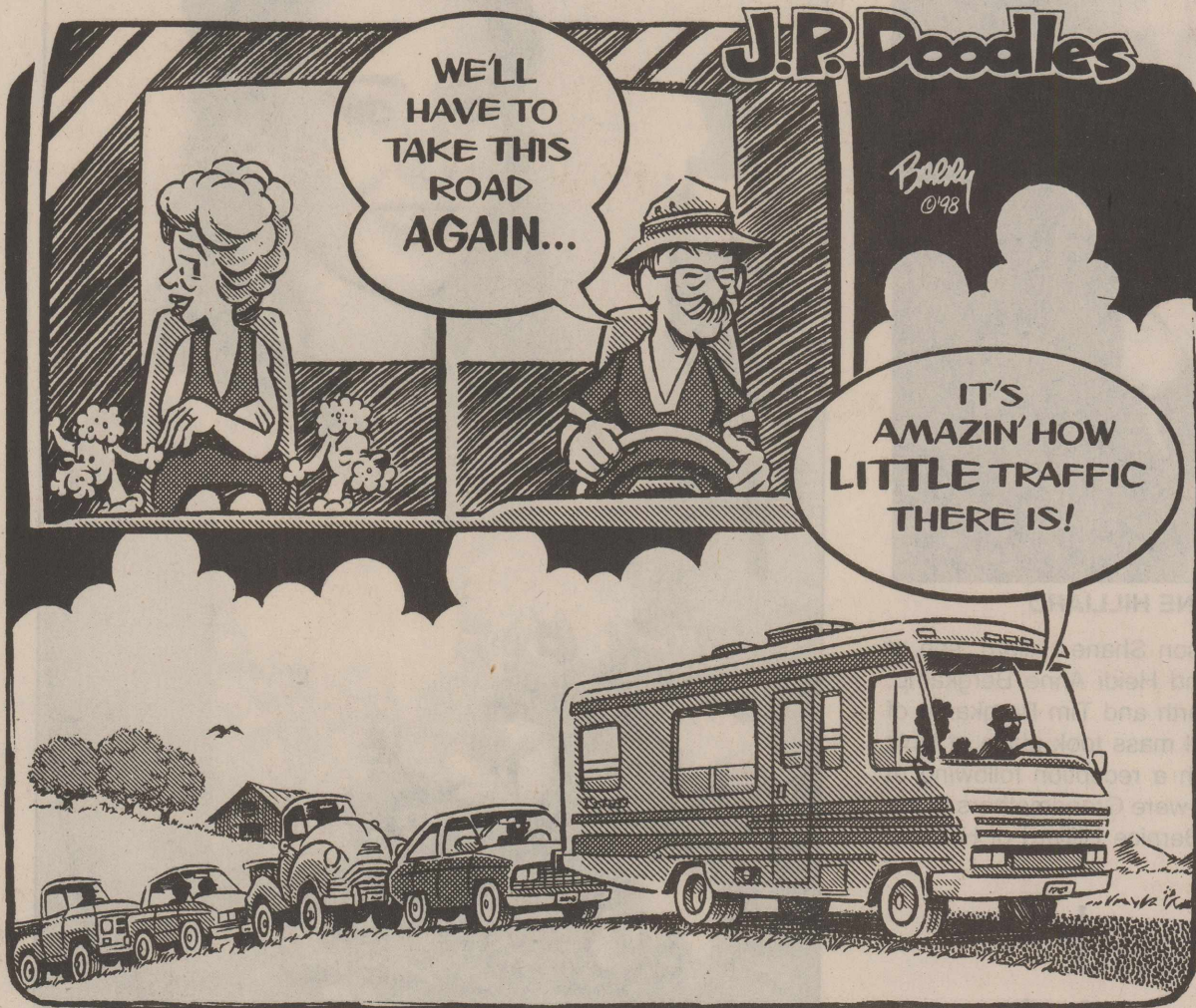
Under the 1997 helmet law, riders who don't wear helmets must carry a minimum of \$10,000 in health insurance coverage or successfully complete a safety training course.

Other Capital Highlights

- Although Gov. George W. Bush has said he is a candidate for governor in 2000, not a candidate for president, he attended a GOP fund-raiser in Akron, Ohio, last week.

- Former Gov. Ann Richards is serving as co-chair of Democratic candidate Garry Mauro's campaign for governor.

- Gov. Bush and challenger Mauro agree on this: that Texas should spend more to build prisons and schools.



From The Inside Out

By Mary Kaigler

The well groomed, well dressed older lady driving the handsome, big white sedan, cut us off suddenly, without warning or signal, to get to the freeway, causing us to have to brake sharply to let her have access, almost imprinting her "God loves you, and so do I" bumper sticker onto our bumper. I thought it a strange way to show such a good, generous thought, right here in "friendly" West Texas.

Perhaps smugly, we expect such driving practices as this in populous areas, with so many more places to go and so many more people trying to get there. Our daughter, visiting recently from Los Angeles, told about the thirty-ish guy driving a sports model, with a little boy sitting beside him, suddenly and dangerously clipping in front of her to change lanes on a fast-moving freeway. She beeped to warn him he was too close, and he indignantly flipped her an obscene gesture through the BMW sunroof. As he flashed out of sight, she saw a metal Jesus fish symbol mounted on the back of his car.

It seems that often what we are saying about our belief is not what we are showing through our actions. Unseemly actions always speak louder about us than any amount of good words we may use to label ourselves. Maybe we think they don't apply in our everyday drive through life, or that people will not notice any discrepancy between what we publicly avow and what we actually do.

Of course, these two incidents are only the tip of the iceberg of

problem behind the staggering traffic tragedy statistics, which seem to be America's industrial legacy. Ever since 1903 when Henry Ford established Ford Motor Company and developed the amazing Model T, our country has been in love with the power of wheels and speed. Motor vehicles may indeed epitomize one of the main American personality traits, the "first nature" of the American psyche: "I'm independent and powerful, and I'm going to get there first."

This makes us take risks; from the plucky, sweet little ninety-year-old Haskell lady who never stopped at the end of the lane leading from her farm, before driving onto the Throckmorton Hwy., because, as she said, "I've always turned here, everyone knows I'm going to turn here; they always stop for me," to the two truckers down state who became so irate at one another via their CB radios, they arranged to meet at a bridge crossing and shot each other. The risks taken by young people experiencing the thrill-seeking high of going faster and faster or playing "chicken" only feeds the need for higher "highs", becoming a life-threatening game.

Such physical risk-taking motivation has also helped develop a social phenomenon; taking life's frustrations out on anonymous others on the road. Social psychologists recognize it as a basic feeling of lack of control over one's life, seeking to vent it onto someone else, giving one a momentary relief. Yet, all the time

it is building up to a rage which eventually turns on itself.

Whatever the underlying reasons, we have driven ourselves into a new dimension of pushy interaction with one another, which often ends in mayhem and even murder. Called road rage, it is a reality, and the scope of it is scary to consider. Felt and exercised by drivers in varying degrees, it is at best only a pop-off valve for them, reducing pressure momentarily, but not removing the source of the pressure.

The wonderful boon to our lives of having cars and roads to get us everywhere we want and need to go, shouldn't have become the mismanaged blessing that it has

become in this fabulously informed technological age. As Gen. Omar Bradley said on Armistice Day, 1948, "We have grasped the mystery of the atom bomb and rejected the Sermon on the Mount."

No doubt all of us must be involved in curing this social malady. A good dose of "do as you would be done by" might effect a great recovery. However, given our track record on that kind of thinking, our road rage on the fast track may be a plague we won't soon be rid of.

The next time someone makes a left turn out of the right hand lane at the caution light in downtown Haskell because they've "just always done it that way", I'm going to try to remember all of this while I patiently throw on the brake to keep from broad siding them. I'd sure want them to do that for me.

County to receive tobacco settlement

Haskell County is one of the 254 Texas counties having indigent health care financial burdens, which are now in line to receive their fair share of the proceeds of the State's pending settlement with the tobacco industry.

Through an agreement reached by the State, the counties and hospital districts will receive \$2.2 billion additional dollars that will be paid into the Texas treasury as a result of the settlement of a recent tobacco lawsuit in the state of Minnesota. Of this lump sum, Haskell County is to receive approximately \$120,449.00 in January 1999. The distribution is being determined on the basis of the 1990 census figures.

A remaining undistributed \$1.8 billion will be used to establish a permanent statewide endowment fund, the interest from which will be distributed solely to Texas counties and hospital districts for unreimbursed health care expenses. While the yield of the endowment fund will vary from year to year, it's anticipated that, when fully funded, the statewide interest income earned in the future will equal at least \$100 million annually.

In a release to the *Free Press*, State Rep. Charles Finnell saluted the State's tobacco agreement in this matter. "This is indeed an historic agreement," he declared, "and will provide substantial benefits to property taxpayers in each and every Texas county! In these times of rapidly increasing indigent health care expenses on counties, I'm glad that we in Texas have negotiated a break for every county ad valorem property taxpayer."

Letters to the Editor

Dear editor:

I would like to take this opportunity to thank all of those who made our Summer Reading Program at the Haskell County Library a great success this year.

Our program directors were Rhonda Hanson, Michelle Dunnam, Julie Kretschmer and Jennifer Roewe. They read stories, helped the children make crafts and made sure that everyone who attended had a really fun time this year.

Our merchants that gave generously to the reading program this year were: Double A Drive In, Sonic, Dairy Queen, Video Mania and Rhonda and Jimmy Lisle (Haskell Swimming Pool), Haskell National Bank, First National Bank, First American Bank and Modern Way Food Store. A very big thank you to each and every one of you!

Refreshments were provided by Tammy Parham and Dena Zarate. Also much volunteer help was provided by Marie Kretschmer, Dorothy Cox, Cody Kretschmer, Christopher Bittner and Jessica Rieger. I couldn't have gotten everything done without you.

A special thank you to Cadenhead Rural Health Clinic and Ernestine Herren. Because of your donation every child received a book this year. A family vacation to Schlitterbahn Water Park was also given by KTXS Channel 12 in Abilene.

Reading is a right, not a privilege. Every child should have the opportunity to read in order to learn, dream and improve their mind. After all, they are our future.

Thank you again for making this the best year ever for our reading program and most of all for helping me to help our children.

Joan Strickland
Haskell County Library

From Out of the Past

From the files of The Haskell Free Press

10 Years Ago

August 4, 1988

Ronald Chapman is named new Haskell School band director.

Matt Blanks, Jessica Bridwell, Aaron Earles, Lyle Fouts, Misty McMeans and James Mickler attended the Threshold Program at Hardin-Simmons University.

Winners in the American Cancer Society's bike-a-thon were Nole Hadaway, Cody Josselet and Lee Decker.

20 Years Ago

August 3, 1978

Joe Wilfong and Kay Campbell, both of Haskell 4-H and Tauniya White of Rule 4-H advance to the State Contest with their record books.

Jimmy Browning has been selected to play in the 29th Annual Greenbelt Bowl All-Star Football Classic in Childress.

Rush William Callen, volunteer fireman on the Rule Volunteer Fire Department, is attending the 49th Annual Texas Firemen's Training

School.

30 Years Ago

August 1, 1968

Don Perry was the recipient of a 1968 Dodge Charger through the Mobil "Strike-It-Clean" game.

Bailey Toliver of Bailey Toliver Chevrolet has been re-appointed to the key post of Area Director of the Texas Automobile Dealers Association.

Two high school students from Haskell County, Caron Cloud of Rule and Larry Wadzeck of Rochester, are attending the sixth annual Texas Farm Bureau Citizenship Seminar in Waco.

40 Years Ago

July 31, 1958

Three men take \$360 in a daring robbery of the "M" System Supermarket.

The 375th Replacement Battalion, Army Reserve unit from Haskell, has completed the first week of its annual two week summer field training at Fort

Chaffee, near Ft. Smith, Arkansas.

Mrs. Frank Porter will offer a course in remedial reading. Students will receive 24 hours of instruction and the cost of the course is \$35.

50 Years Ago

August 5, 1948

Almost three inches of rain fell within the space of an hour flooding streets in all sections of town for a brief period.

S. A. Norris buys McKeever Cleaners.

Joe W. Tyson is on the dean's honor roll at North Texas State College. Tyson is the son of Mrs. P. C. Tyson of Haskell.

80 Years Ago

August 3, 1918

Rev. P. W. Walthall left Tuesday afternoon for Camp Bowie, where he will be stationed with the YMCA.

Miss Gladys Huckabee returned Saturday morning from Chicago, where she has been doing special work in the Conservatory of Music.

Mayor Courtney Hunt is on a business trip to points in North Texas.

The Haskell Free Press

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To Subscribe, Call 940-864-2686

Scorecare can help you choose health insurance plan

The annual season for choosing a health insurance plan is drawing near for many working Texans. And this year for the first time, consumers can check a scorecard to find out how well each plan has performed on measures of quality. The 35,000 physicians of Texas Medical Association urge you to take a look at these measurements as you consider your options.

Employers frequently offer their employees one or more plans from which to choose, and in the past, just about all the information anyone had to go on was how much the coverage cost. You might first look to see if your doctor was in the plan, but you had no way knowing the quality of care the health plan or its physicians would provide.

The National Committee for Quality Assurance (NCQA), an independent organization, has released quality of care information on more than 330 health plans throughout the country. The NCQA can tell you everything from how a plan chooses its physicians to how quickly it decides whether to approve the medical services your physician orders.

By logging on to the NCQA's Internet site (www.ncqa.org), click on the "Consumers" button or calling, toll-free, (888) 275-7585, you can obtain a wide range of information on the quality of care provided by the health plans you are considering.

First, you can find out whether the plan has received NCQA's full,

three-year accreditation, meaning it has developed a program for continuous quality improvement. Plans that meet most, or some, of the NCQA standards receive one-year, or provisional, accreditations. Plans that fall far short of those standards are denied accreditation.

You can also get more details about how well each plan compares to the average performance of all the plans measured. For example, you can see:

- How the plan makes sure that members have access to the care they need;
- How the plan investigates each physician's qualifications and practice history before letting the physician into the network;
- How well the plan promotes health and encourages members to use preventive services such as immunizations and mammograms;
- How well the plan responds to members' complaints and concerns; and
- How fair, consistent and prompt the plan is in making decisions about approving services your doctor orders.

In the future, employees will have much more quality information to help them choose a health plan. For example, the Texas Office of Public Insurance Counsel is planning to release a "report card" on every managed care organization operating in Texas. This report card will measure consumer satisfaction with the plans and the physicians and hospitals that provide medical care for them.

Planning your strategy
In the meantime, here are some sample questions Texas Medical Association physicians suggest you may want to ask about your health plan:

- How much will I pay for medical care? What are the deductibles or co-payments?
 - Are there enough primary care doctors for me to choose from and are they accepting new patients?
 - Can I choose my doctors or are they assigned? Can I switch doctors easily?
 - What will happen if my doctor is dropped from my plan?
 - How quickly can I get routine appointments? How do the doctors and nurses handle emergency and after-hours visits?
 - What is the procedure for being referred to a specialist? What if I want to see a specialist not covered by my plan?
 - How do I get a second opinion? Are second opinions required for certain procedures?
 - Which hospitals and pharmacies are included?
 - Does my plan cover the recommended preventive screenings I need for my age?
 - How are pre-existing conditions and illnesses handled?
 - What mental health services are covered?
 - Is there a list of approved prescription medicines?
 - Can I stay with the plan if I change jobs?
 - Are wellness programs offered?
- Texas Medical Association is a professional organization of more than 34,000 physician and medical student members. It is located in Austin and has 120 component county medical societies around the state. The Association represents 85 percent of the doctors of medicine licensed and residing in Texas. TMA's key objective is to improve the health of all Texans.

Around Town

By Joyce Hawkins

Mr. and Mrs. David Conn and daughter Sebrina attended the Carroll reunion at Lake Texhoma over the weekend. Mr. and Mrs. Dale Carroll and Douglas of Weinert also attended.

The Baxter reunion was held Sat. and Sun. at Fort Belknap. There were one-hundred and five in attendance. Those from Haskell who attended were: Jean Blair, Vickie Hawkins, Joseph Hawkins, Eric Blair and Mr. and Mrs. Nathan Blair and daughters. Mr. and Mrs. David Muhley and children of Rochester also attended. The one who came the farthest was a cousin from Kentucky.

Pat Shaw of Colorado City visited with her mother, Bernice Hilliard, over the weekend. They attended the dance at the Wagon Wheel. It was the Western Association dance with Sid Perkins doing the calling and Cathy Oliver the round.

The Hawkins-Vaughn family reunion will be held Sat., Aug. 15 at the American Legion building.

Travis and Alma Solomon traveled last week to Ruidoso to cool off from this summer heat. While at their cabin a small bear came across their drive way and made their day.

MAKE A BUNDLE
CALL 864-2686
SELL THOSE UNWANTED ITEMS
The Haskell Free Press

1998 PROPERTY TAX RATES

This notice concerns 1998 property tax rates for Haskell C.I.S.D. and Paint Creek I.S.D. It presents information about three tax rates. Last year's tax rate is the actual rate the school district used to determine property taxes last year. This year's effective tax rate would impose the same total taxes as last year if you compare properties taxed in both years. This year's rollback tax rate is the highest tax rate the school district can set before it must hold a rollback election. In each case these rates are found by dividing the total amount of taxes by the tax base (the total value of taxable property) with adjustments as required by state law. The rates are given per \$100 property value.

	Haskell CISD	Paint Creek ISD
LAST YEAR'S TAX RATE:		
Last year's operating taxes	\$ 982,354.56	\$ 502,785.01
Last year's debt taxes	\$ 0.00	\$ 0.00
Last year's total taxes	\$ 982,354.56	\$ 502,785.01
Last year's tax base	\$ 79,971,287.00	\$ 39,766,854.00
Last year's total tax rate	\$ 1.2657/\$100	\$ 1.2662/\$100
THIS YEAR'S EFFECTIVE TAX RATE:		
Last year's adjusted taxes (after subtracting taxes on lost property)	\$ 944,821.23	\$ 500,432.81
+ This year's adjusted tax base (after subtracting value of new property)	\$ 74,816,014.00	\$ 41,123,932.00
= This year's effective tax rate	\$ 1.2628/\$100	\$ 1.2168/\$100
THIS YEAR'S ROLLBACK RATE:		
Amount of local taxes needed based on state funding formulas and 1998-99 student enrollment	\$ 643,180.55	\$ 538,014.00
+ This year's adjusted tax base	\$ 75,305,424.00	\$ 41,180,012.00
= This year's local maintenance and operation rate OR adopted 1996 maintenance and operation rate	\$.8540/\$100	\$ 1.3064/\$100
+ This year's maintenance and operation rate (use greater of 2 rates above)	\$ 1.2657/\$100	\$ 1.3441/\$100
+ \$0.08 cents	\$ 1.3457/\$100	\$ 1.4241/\$100
+ Rate increase adopted for 1997-98 school year	\$ 0.0000/\$100	\$ 0.0000/\$100
+ This year's debt rate	\$ 0.0000/\$100	\$ 0.0000/\$100
+ Rate to recoup loss certified by commissioner of education	\$ 0.0000/\$100	\$ 0.0000/\$100
= This year's rollback rate	\$ 1.3457/\$100	\$ 1.4241/\$100

SCHEDULE A - UNENCUMBERED FUND BALANCES

The following estimated balances will be left in the unit's property tax accounts at the end of the fiscal year. These balances are not encumbered by a corresponding debt obligation.

Type of Property Tax Fund	Balance	Balance
Haskell CISD: General Operating Fund	\$ 595,355.00	
Paint Creek ISD: General Operating Fund		\$ 325,000.00

SCHEDULE B - DEBT SERVICE: NONE

SCHEDULE C - EXPECTED REVENUE FROM ADDITIONAL SALES TAX: NONE

SCHEDULE D - STATE CRIMINAL JUSTICE MANDATE: (FOR COUNTIES ONLY)

SCHEDULE E - TRANSFER OF DEPARTMENT, FUNCTION OR ACTIVITY: NONE

This notice contains a summary of actual effective and rollback tax rates' calculations.

You can inspect a copy of the full calculations at

HASKELL COUNTY APPRAISAL DISTRICT, 604 North First Street, Haskell, Texas.

Name of person preparing this notice: Kenny Watson Title: Chief Appraiser Date prepared: 07/29/98

STOP Here

FOR SCHOOL SAVINGS



Back-To-School Barbie Doll
by Mattel
14.99 Value
\$9.99

Crayola Crayons
24 Count
1.99 Value
99¢

Elmer's School Glue or Glue All
4 oz. 1.09 Value
2/\$1

70 Sheet Theme Books
10 1/2"x8". Wide or College Ruled. 1.19 each. Limit 6.
3/88¢

24 Crayola Crayons
Certified Non-Toxic
1.99 Value
99¢

Elmer's School Glue or Glue All
4 oz. 1.09 Value
2/\$1

70 Sheet Theme Books
10 1/2"x8". Wide or College Ruled. 1.19 each. Limit 6.
3/88¢

Filler Paper
200 ct. 10 1/2"x8" Wide or College Ruled
79¢

#2 Yellow Pencils
10 Count
2/\$1

Kleenex Cottonelle Bathroom Tissue
4 Pack. 1.59 value
88¢

Hi-Dri Paper Towels
Limit 6.
2/88¢

Kleenex Facial Tissue
175 count. White or Asst.
88¢

Canvas Binder
1 1/2" Blue and Assorted Colored. 4.49 Value.
\$2.77

Coil-less Theme Book
10 1/2"x8" Sheets. Wide or College Ruled. Asst. Colors. 1.59 value.
69¢

3-Subject Theme Book
120 Sheets. Wide or College Ruled. Asst. Colors. 1.99 Value
79¢

Construction Paper
96 Sheets. 1.99 Value.
99¢

Duo-Tang Portfolios
2 pocket. Asst. Colors
3 Prong Fasteners. 59¢ each value.
4/98¢
High Quality, Regular 49¢ each value.
6/98¢

Heritage Sugar Free Wafers
Asst. Flavors. 1.59 value.
99¢

Limited quantities on some items. Prices Good thru August 8th!

THE DRUG STORE

Hours: 8-6 M-F; 8-5 Sat.; Sundays & Holidays 8:30-9:30
940-864-2673

Healthy eating patterns important for children

by Lou Gilly
Haskell Co. Extension Agent

As children grow, they learn from what they know and by watching the clues from parents, siblings, teachers and friends about making the right food choices. Since research has shown that healthful eating patterns and active lifestyles that begin in childhood and continue through adult years may help prevent or postpone the onset of chronic diseases such as diabetes, heart disease and some cancers, parents can help children set healthful eating habits by offering a variety of foods and creating balance in their own eating patterns.

Plan meals using the pyramid

idea of building a healthful diet. At the base of the pyramid, start building a strong foundation to a healthful diet by selecting six or more servings of breads, pastas, cereals and rice group and at the middle select at least five a day of both groups vegetables (three to five servings) and fruits group (two to four servings). On the next level above the middle pyramid balance with the recommended servings of two 3-ounce servings of meat, poultry, fish, dry beans, eggs and nuts group and two to three servings of milk, yogurt and cheese group. At the pinnacle of the pyramid are the fats, oils and sweets group which is

recommended only in small servings and only if you can afford the extra calories.

Nutritional contributions at each level are significant. The breads, fruits and vegetables all contribute complex carbohydrates and sugars which are valuable energy sources as well as rich in vitamins and minerals available for a child's growth and development. Breads, cereals, pastas, and rice are rich sources of the B vitamins, iron and fiber. Fruits and vegetables as well supply carbohydrates, vitamins A and C, and folic acid to keep eyes, skin and blood healthy. Meats, poultry, fish, dry beans and eggs provide high quality protein and heme iron - a readily absorbable form of iron - for muscle formation. Finally, the milk, yogurt and cheese are eaten for protein, calcium and vitamin D to build strong bones and teeth.

Parents and other role models can set good examples by enjoying a variety of foods throughout the day and week. Involve children in the family shopping list. Show them the food label and explain how to use the important nutrient information to help them build a healthful eating pattern. Explain how the information on the nutrients - fat, saturated fat, total carbohydrate and sugars, dietary fiber, protein, vitamins and minerals - will help them make better food choices nutritionally. Also read the ingredient listing just to get an idea about what kind of food nutrients are in the packaged item. This is especially helpful if a child has an allergy or is sensitive to certain foods.

Children will see the overall picture of planning a varied, healthful eating pattern if involved from the beginning in the overall planning. So help your children get off to the right start nutritionally this school year.

Legal Matters

By Attorney General Dan Morales

One of the constitutional duties of the Attorney General is to interpret state law. This interpretation is called an Attorney General Opinion.

I receive volumes of mail each day from constituents and many of the letters contain requests for Attorney General opinions.

The Texas Government Code strictly outlines who is authorized to request an official Attorney General opinion. The law does not permit me to issue opinions to private individuals.

What is an opinion?

An opinion on state law is generally used by state agencies and local governmental bodies as a guide for the creation of policies and procedures. The Texas Legislature also takes Attorney General Opinions into consideration when enacting new legislation.

An Attorney General Opinion carries the weight of law unless or until it is overruled by a state court. This means that if anyone should challenge the legal interpretation, the issue would ultimately have to be decided in court.

There are certain restrictions on issuing opinions. For example, opinions usually do not address issues that are the subject of pending litigation. Additionally, opinions deal with questions of law only. Fact issues cannot be resolved in an opinion.

Who can request an opinion?

Individuals who may request an opinion include the:

- Governor
 - Head of a State Board of Agency
 - Regent or Trustee of a State Educational Institution
 - Committee Chair of a House of the Legislature
 - County Auditor
 - County or District Attorney
- The Opinion Committee of the Office of the Attorney General often

receives requests for opinions from unauthorized requesters. When that occurs, the committee may refer the individual to an authorized requestor who can make the request on his or her behalf.

What is the process?

An opinion is issued only upon request. When the Opinion Committee receives a request from an authorized individual, an acknowledgment sent and the research process is begun.

One of the first steps in the process is to solicit a legal brief on the issue from interested third parties. While there is no requirement that outside briefs be considered, our office does it as a matter of policy to make sure that we are well informed on all the issues involved.

Committee attorneys research the issues raised in an opinion request and consider any comments that have been submitted. Because many people rely on Attorney General opinions for guidance, we make sure that the process is as thorough as possible to ensure that all facts, judicial decisions, prior Attorney General opinions and legislative actions are taken into account.

Following consideration by the committee and my executive staff, the draft is finalized and issued as either a "DM" signed by me, or a Letter Opinion (LO), usually signed by the committee attorney who drafted it.

As a general rule, DM opinions are used to interpret questions of statewide interest or importance. They are also used to construe new statutes or ones that have not been previously interpreted. A DM opinion is also used to modify or overrule previously issued opinions.

An LO is generally used to deal with issues that are more local in nature or that affect the interests of a particular group. They are also used in instances where the request deals with an issue that has already been addressed in a previous opinion.

In terms of legal significance, there is no difference between the two types of opinions.

Where are opinions available?

I am pleased to announce that our collection of opinions available on-line grows by the day. Currently, opinions from Attorney General John Hill's administration (1973-1978) through our current opinions are available on our web site at www.oag.state.tx.us.

All on-line opinions are searchable by key word. Related opinions or topics are also linked together for easy access.

If you do not have access to the Internet, you may request copies of past opinions by contacting the Citizens' Assistance Center of the Office of the Attorney General, P.O. Box 12548, Austin, Texas 78711, or 1-800-252-8011.

Fertilizers can provide necessary soil nutrients

by Greg Kaase

Haskell Co. Extension Agent Mary, Mary quite contrary, how does your garden grow? According to Dr. Sam Feagley, Extension state soil environmental specialist, that garden should be grown with a healthy soil that has 20 essential elements. In order for plants to thrive the soil must contain large amounts of nitrogen, phosphorus and potassium. "There's not enough released from the soil at the rate most plants grow and over a period of time we have to start adding those nutrients," said Feagley.

Nitrogen is a key element that homeowners and gardeners will more than likely have added to their lawn or soil. Nitrogen ties itself to organic matter, Texas soil runs short when it comes to organic matter. "Texas soil runs .05 to 1 percent," said Feagley. "We don't have enough nitrogen released through the organic matter, so we have to add that."

A lack of nitrogen will cause the plant to lose its green coloring and slow the growth of the plant. Nitrogen should be applied sparingly. "With nitrogen we put it down a little bit at a time and kind of spoon feed the plant. If you apply too much, for instance, to

tomatoes you'll get a beautiful tomato plant but it won't ever set fruit," said Feagley. "An overdose of nitrogen will make it grown vigorously but it may not make it grown right." However, nitrogen is not the only element that Texas soil lacks. Feagley estimates that half of Texas would benefit from additional phosphorous.

Phosphorous helps stimulate root growth and development. It also helps the plant to set fruit. Typically, plants need only one application of phosphorous, said Feagley, and it should be laid down in the spring when roots are being established.

If plants leaves begin to curl it may not be from lack of water, but lack of potassium. Potassium

works as a defense mechanism, curling the plant to prevent water loss and heat damage. Before applying any fertilizer, Feagley suggests sending a "well-rounded" soil sample in for soil analysis to determine what elements the soil is lacking. "My recommendation to most people is to take one soil sample from your lawn, garden and flower bed. Mixing these samples together will provide the homeowner with a representative sub-sample," said Feagley.

NOTICE

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If you do not receive the M-System Grocery circular in your Haskell Free Press, you may pick one up at M-System Grocery Store or at the Haskell Free Press.

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HASKELL



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Nellie Wilson is son's hero



NELLIE WILSON

GERIATRIC PROFILE By Roger Wilson, LVN

An attractive, tall (5'8"), slender, grey haired woman with a neat appearance and a pleasant smile appears in the doorway. She has a regal, statuesque appearance and is soft spoken. This wonderful lady is my mama and my hero.

I chose to interview my mama because she is the most interesting 76 year old person in the world I know. Her age classifies her as a geriatric person, but she can only be considered a new, new, new old.

ECC invites diners

Do you think it's too hot to cook? If so, you might consider "cooling out" by eating lunch at the Experienced Citizen's Center each Monday, Wednesday and Friday.

Located at 1404 South First, the ECC, which serves several hundred meals to Haskell County people each week, operates under the oversight of the Haskell County Commissioner's Court and the Central Texas Council of Governments.

Menus, which change daily, are posted weekly in the *Free Press*. The suggested price of the varied meals is \$2.00 each, with donation of more accepted. Meals can be delivered to the home of those 60 years of age or older who are sick or disabled. Requests for the delivery must be made before 8:30 a.m., by calling 864-3875.

Florence Peden is the manager of the Center. Benny Shelton is head cook and Jo Ellison is the receptionist. They invite everyone to join the group of senior citizens who regularly enjoy meeting their friends there for good food, fun and fellowship.

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The Haskell Free Press

DEFENSIVE DRIVING CLASSES

Sat., August 8
8:30 a.m. to 3 p.m.
Registration 8:00 to 8:20 a.m. • Cost \$25
at Mati's Restaurant
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service, she retired and receives a pension from the school system.

She didn't work for a couple of years after retirement, but she became bored, as she still felt she was able to work. For the past four years, she has worked with the Green Thumb Program. She works three days a week (22 hours) cooking for senior citizens at the Haskell Senior Citizen's Center. She feels most alive and fulfilled when helping others or being with her family.

Mama was never much of a socialite, as she was always working. Her main activity was centered around her church where she has been a Sunday School teacher in the junior department for the past twenty years. Other interests include quilting at the Senior Center, doing some volunteer visiting at the local nursing homes, and working jigsaw puzzles. She also enjoys working in the garden or yard, and in the past years did a lot of canning.

Other than a bum knee which causes periodic discomfort, Mama expresses no physical problems. She laughs and says, "The only limitation on my physical condition is my age. My body just can't do what it used to do."

Mama exhibits a very strong faith and is a fine example of a good, God-fearing, Christian woman. Her emotional and psychological well being are directly linked to her strong faith in God and her belief in the healing power of prayer. I firmly believe that my mama is the most emotionally and spiritually stable person that I know.

Since Mama has spent a lot of time visiting in nursing homes, she would prefer not to go into one to live unless absolutely necessary. However, she would go to one rather than be a burden on her kids. She doesn't want us to interrupt our lives or have to bear the responsibility of caring for her, even though all of us are more than willing to take her into our homes. She has always been a very strong, independent person and fears the thought of being dependent on someone to provide her care.

Mama feels that our government has made it too easy on people to get help. She feels that all able bodied welfare recipients should go back to work and pull their own weight. She is saddened by the lack of responsibility and poor

work ethics demonstrated by our youth today. Advice she would give to the younger generation is "live a clean life, both mentally and spiritually. Believe in the Lord."

My parents are covered by Medicare and also have supplemental insurance. Mama does know the difference between Medicare and Medicaid, and realizes that due to their financial situation, they will probably not be eligible for Medicaid benefits. "We've always made our own way and will continue to do so with God's help."

She voices understanding of a Living Will, but has not yet executed one. She doesn't want to be kept alive by artificial means, and is ready to go home whenever her God calls her.

Mama is a person of great worth to her family, community and society as a whole because of her willingness to help others, her Christian example shown each day, and the spiritual being that she is. As one member of her church says, "She's our Angel!"

Note: Roger Wilson, an LVN at Rehab Center in Wichita Falls, is the son of Nellie and Louis Wilson of Haskell. He wrote this as an assignment in his Geriatric Class at Vernon Regional Junior College.

Use these safety precautions at ATM

Automated teller machines (ATMs) are a convenient, modern financial service used by millions of Americans every day. However, with this convenience come potential hazards that may be avoided with safety precautions.

When using an ATM:

- Avoid ATMs that are poorly lit or in secluded areas.
- Avoid ATMs located near bushes, fences or other obstructions that could provide easy hiding places for criminals—ATMs in visibly open areas are the best locations.
- Try to bring a friend or family member with you to watch for trouble. If you must go alone, it is probably better to find an ATM located in a busy area or inside a business like a mall or grocery store.
- You should always have your card ready for transactions.
- Use your hand, arm, or body to

obscure the ATM keyboard so no one can observe you entering your Personal Identification Number (PIN).

• Never give your PIN to anyone! If someone calls and says they are from your bank and need to verify your PIN, do not give the number to them. No bank employees are allowed to verify this information.

• Memorize your PIN and keep it to yourself. Do not keep it in your wallet or purse.

• At a drive-up ATM, keep your windows rolled up and doors locked.

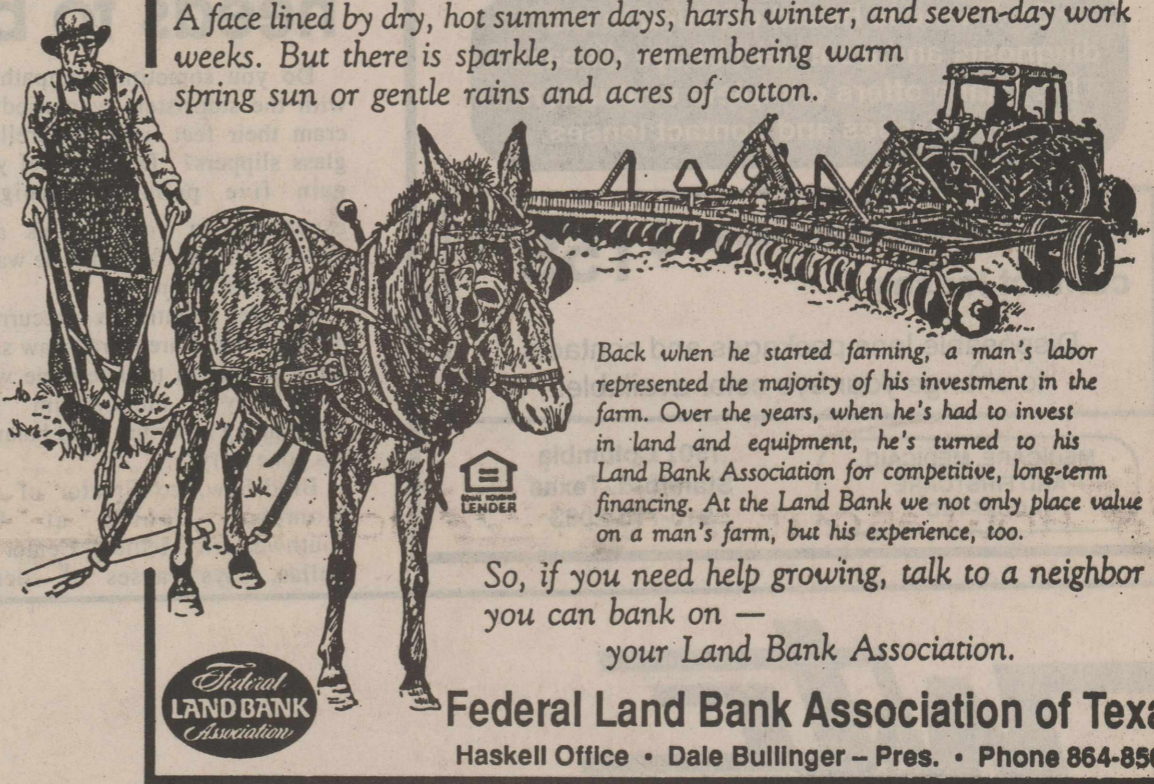
• When you leave an ATM, take your receipt with you and tear it up before throwing it away. Your receipt has personal and private information that you don't want to fall into the wrong hands.

• Lastly, always report lost or stolen ATM cards immediately to your bank and the police.

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NOTICE OF 1998 PROPERTY TAX RATES

This notice concerns 1998 property tax rates for the following taxing units: City of Haskell; City of Weinert; North Central Texas Municipal Water Authority; Haskell County Water Supply District #1; Haskell Memorial Hospital District. It presents information about three tax rates. Last year's tax rate is the actual rate the taxing unit used to determine property taxes last year. This year's effective tax rate would impose the same total taxes as last year if you compare properties taxed in both years. This year's rollback tax rate is the highest tax rate the taxing unit can set before taxpayers can start tax rollback procedures. In each case these rates are found by dividing the total amount of taxes by the tax base (the total value of taxable property) with adjustments as required by state law. The rates are given per \$100 of property value.

	City of Haskell	City of Weinert	North Central Tx. Municipal Wtr. Authority	Haskell Co. Wtr. Supply District #1	Haskell Memorial Hospital Dist.
LAST YEAR'S TAX RATE:					
Last year's operating taxes	\$ 152,854.19	\$ 10,486.06	\$ 0.00	\$ 7,941.85	\$ 704,705.83
Last year's debt taxes	\$ 0.00	\$ 0.00	\$ 172,678.04	\$ 0.00	\$ 0.00
Last year's total taxes	\$ 152,854.19	\$ 10,486.06	\$ 172,678.04	\$ 7,941.85	\$ 704,705.83
Last year's tax base	\$ 48,679,532	\$ 3,208,714	\$ 91,158,740	\$ 18,173,424	\$ 206,403,385
Last year's total tax rate	\$ 0.3140/\$100	\$ 0.3268/\$100	\$ 0.1895/\$100	\$ 0.0437/\$100	\$ 0.3414/\$100
THIS YEAR'S EFFECTIVE TAX RATE:					
Last year's adjusted taxes (after subtracting taxes on lost property)	\$ 152,805.57	\$ 10,486.08	\$ 172,648.79	\$ 7,940.39	\$ 704,566.28
+ This year's adjusted tax base (after subtracting value of new property)	\$ 49,386,011	\$ 3,108,749	\$ 92,099,844	\$ 18,162,746	\$ 204,560,641
= This year's effective tax rate	\$ 0.3094/\$100	\$ 0.3373/\$100	\$ 0.1874/\$100	\$ 0.0437/\$100	\$ 0.3444/\$100
THIS YEAR'S ROLLBACK TAX RATE:					
Last year's adjusted operating taxes (after subtracting taxes on lost property and adjusting for transferred functions)	\$ 232,194.08	\$ 10,486.08	\$ 0.00	\$ 7,940.39	\$ 704,566.28
+ This year's adjusted tax base	\$ 49,386,011	\$ 3,108,749	\$ 92,099,844	\$ 18,162,746	\$ 204,560,641
= This year's effective operating rate	\$ 0.4701/\$100	\$ 0.3373/\$100	\$ 0.0000/\$100	\$ 0.0437/\$100	\$ 0.3444/\$100
x 1.08 = This year's maximum operating rate	\$ 0.5077/\$100	\$ 0.3642/\$100	\$ 0.0000/\$100	\$ 0.0471/\$100	\$ 0.3719/\$100
+ This year's debt rate	\$ 0.0000/\$100	\$ 0.0000/\$100	\$ 0.2067/\$100	\$ 0.0000/\$100	\$ 0.0000/\$100
= This year's rollback rate (before sales tax adjustment—if applicable)*	\$ 0.5077/\$100	\$ 0.3642/\$100	\$ 0.2067/\$100	\$ 0.0471/\$100	\$ 0.3719/\$100
- Sales tax adjustment rate — City of Haskell*	\$ 0.1594/\$100				
= Rollback tax rate	\$ 0.3483/\$100	\$ 0.3642/\$100	\$ 0.2067/\$100	\$ 0.0471/\$100	\$ 0.3719/\$100

SCHEDULE A — UNENCUMBERED FUND BALANCES

The following estimated balances will be left in the unit's property tax accounts at the end of the fiscal year. These balances are not encumbered by a corresponding debt obligation.

Taxing Units	Type of Fund	Amount
City of Haskell	General Fund	\$ 48,000.00
City of Weinert	Maintenance Fund	\$ 0.00
N.C.T.M.W.A.		\$ 0.00
Hask. Co. Wtr. #1	Operating Fund	\$ 5,000.00
Hask. Mem. Hosp. Dist.		\$ 0.00

SCHEDULE B — 1998 DEBT SERVICE:

The unit plans to pay the following amounts for long-term debt that are secured by property taxes. These amounts will be paid from property tax revenues.

Taxing Units	Principal Or Contract Payment To Be Paid	Interest To Be Paid	Other Amt. To Be Paid	Total Required For 1998 Debt Service	Amt. Paid From Funds Listed In Schedule "A"	Excess Collections Last Year	Total To Be Paid From 1998 Taxes	Amount Added in Anticipation That The Unit Will Collect the Following Percentage Of Its Taxes In 1998	Total Debt Levy
City of Haskell				0.00					0
City of Weinert				0.00					0
N.C.T.M.W.A.	\$105,000.00	\$78,800.00	\$0.00	\$183,800.00	\$0.00	\$0.00	\$183,800.00	96.0%	\$191,458.00
Hask. Co. Wtr. #1				0.00					0
Hask. Mem. Hosp. Dist.				0.00					0

SCHEDULE C — EXPECTED REVENUE FROM ADDITIONAL SALES TAX

CITY OF HASKELL: In calculating its effective and rollback tax rates, the unit estimated that it will receive \$77,000.00 in additional sales and use tax revenues

SCHEDULE D — STATE CRIMINAL JUSTICE MANDATE (FOR COUNTIES) Not Applicable

SCHEDULE E — TRANSFER OF DEPARTMENT, FUNCTION OR ACTIVITY Not Applicable

This notice contains a summary of actual effective and rollback tax rates' calculations. You can inspect a copy of the full calculations at

HASKELL CO. APPRAISAL DISTRICT, 604 North First St., Haskell, Texas.



Name of person preparing this notice: Kenny Watson Title: Chief Appraiser Date prepared: 07/30/98

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ENGL 2326 (American Literature)	8-8:50 a.m. MWF	Markay Rister
ENGL 2326 (American Literature)	6:30-9:20 p.m. Tues.	Markay Rister
PSYC 2301 (General Psychology)	6:30-9:20 p.m. Wed.	Melissa Richardson

Registration: Tuesday, Aug. 18
5:30-8:30 p.m./Stamford High School

Classes begin Aug. 26 and end Dec. 9

All classes available on the SCATE distance learning network

Classes offered through Western Texas College, Snyder, at Stamford Extension Center/Stamford High School

Internet access at info@gotowtc.org Call toll-free at 1-888-GO TO WTC

Consequences can be useful tool for parents

by Lou Gilly
Haskell Co. Extension Agent

Consequences can be a useful tool for parents to have in their parenting tool box. Parents need to know how to use consequences for molding and shaping children's behavior.

Consequences are at work all the time. We run into them everyday—on our job, at home, with friends, and so on. If we don't get our work done, the boss criticizes us. If we don't remember to let the dog outside, he leaves a calling card. Consequences affect all of us, positively and negatively.

As parents, it helps to understand why giving consequences to our kids is so

essential. Consequences teach kids to think. Consequences help children learn that their actions lead to results, both positive and negative. They learn that life is full of choices and the choices they make greatly influence what happens to them.

Knowing how to use consequences to teach kids is so important. If consequences have the power to change behavior, it makes sense that we should use them to benefit our kids.

The basics of using consequences with children include the following:

Be clear. Make sure your child knows what the consequence is and who an what he or she did to earn or lose it.

Be consistent. Don't give big consequence for a behavior one time and then ignore the same behavior the next time.

Be brief. This is especially true with younger children. Clear messages usually get lost when you lecture. Follow through. If you set up a deal for your child to earn a positive consequence, be sure he gets the reward after he's done what

he needs to. Likewise for a negative consequence.

Be as pleasant as possible. This is generally easier when you give positive consequences. But, when you give negative consequences, keep it in mind, as well. Yelling and screaming are not effective. Kids can't hear your words, they

can only hear your anger. The following is a list of positive consequences that parents can use that cost no money.

Stay up late, stay out late, have a friend over, go over to a friend's house, one less chore, extra TV (or video game) time, pick a movie, stay up late reading, time with Mom and Dad, use car, or extra phone time.

Plan the menu, special snack, sit at the head of the table, messy room for a day, sleep downstairs or outside, shorter study period, extra night out with friends, permission for a special event, extra time on the computer, or pick breakfast cereal.

Strong marriage benefits step-families

by Lou Gilly
Haskell Co. Extension Agent

The foundation of a strong step-family is a strong marriage. However, there could be the problem of unresolved issues or feelings for a former spouse, which could intrude on the re-marriage. There could be the continuation of a problem that occurred in the previous marriage, such as poor communication skills. There could

even be a problem between them that the couple denies because they don't want to risk losing each other. Old and new in-laws who don't accept the new spouse may place additional strain on the marriage.

Children present challenges because the parental responsibilities are immediate. Couples don't get the private adjustment time that first marriage couples do. The non-

custodial parent may resent the new step-parent and try to create friction between the new spouses. The additional difficulties may intrude on the couple's relationship. Financial problems also may arise as the couple struggles to decide who gets how much of whatever money is available.

Remarried couples can nurture their relationship by planning private time together, taking time to arrive at mutual decisions about discipline, household rules and finances, and by taking time to work out any personal problem before it becomes large.

Most financial concerns in step-families involve the distribution of goods and funds to different family members. Younger step-families focus on the financial support of children. Older step-families deal with issues such as division of property or trust funds to grown children or grandchildren.

A step-family commonly chooses from two economic styles—common step-family lifestyle and two-family lifestyle. A common step-family lifestyle combines all funds and uses them for the good of everyone. Two-family step-family lifestyles keep resources separate and each parent pays for the care of his or her own children.

Some remarried couples prepare a pre-nuptial or ante-nuptial agreement to define how funds and goods will be used and distributed. Other couples make verbal agreements. Support payment discussions that include the other parents help in these matters.

Identifying and confronting step-family problems can be a useful method to help step-families. However, often professionals focus on problems, ignoring potential strengths. The step-family may be the major casualty of a problem focused approach.

Ignoring strengths and illuminating problems may result in a negative self-fulfilling prophecy. Step-families may be led to perceive and expect only difficulties and problems or may define as problems behavior not previously seen as negative. Educators and clinicians using a problem focus in their interventions may unintentionally communicate to step-family members that they are a deficient family.

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Haskell CISD Lunch Guidelines

The Haskell Consolidated Independent School District today announced its policy for free and reduced price meals for children unable to pay the full price of meals served under the National School Lunch Program. Each school and the office of the Haskell CISD has a copy of the policy, which may be reviewed by any interested party.

The following household size and income criteria will be used for determining eligibility:

National School Lunch and Child Nutrition Programs 1998-99 Income Eligibility Guidelines

Family Size	Annually:		Monthly:		Weekly:	
	Free	Reduced Price	Free	Reduced Price	Free	Reduced Price
1	\$10,465	\$14,893	\$873	\$1,242	\$202	\$287
2	14,105	20,073	1,176	1,673	272	387
3	17,745	25,253	1,479	2,105	342	486
4	21,385	30,433	1,783	2,537	412	586
5	25,025	35,613	2,086	2,968	482	685
6	28,665	40,793	2,389	3,400	552	785
7	32,305	45,973	2,693	3,832	622	885
8	35,945	51,153	2,996	4,263	692	984
9	39,585	56,333	3,300	4,695	762	1,084
10	43,225	61,513	3,604	5,127	832	1,184
11	46,865	66,693	3,908	5,559	902	1,284
12	50,505	71,873	4,212	5,991	972	1,384

For Each Additional Family Member Add:

+3,640 +\$5,180 +\$304 +\$432 +\$70 +\$100

Children from households whose income is at or below the levels shown are eligible for free or reduced price meals.

Application forms are being sent to all homes with a letter to parents or guardians. To apply for free or reduced price meals, households should fill out the application and return it to the school. Additional copies are available at the Principal's office in each school. The information provided on the application will be used for the purpose of determining eligibility and may be verified at any time during the school year by school or other program officials.

For school officials to determine eligibility, households receiving food stamps or AFDC must list the child's name, their food stamp or AFDC case number and the signature and name of an adult household member. Households not receiving food stamps or AFDC must list: names of all household members; Social Security numbers of all adult household members or a statement that the household member does not possess one; total household income and the amount and source of the income received by each household member; and the signature of an adult household member certifying that the information provided is correct.

Applications may be submitted at any time during the year

Under the provisions of the free and reduced price policy Haskell CISD will review applications and determine eligibility. Parents or guardians dissatisfied with the ruling of the official may wish to discuss the decision with the determining official on the informal basis. Parents wishing to make a formal appeal may make a request either orally or in writing to Haskell CISD, P. O. Box 937, Haskell, Texas, 79521 or telephone at 940-864-2602 for a hearing on the decision.

Households that list a food stamp or AFDC case number must report when the household no longer receives these benefits. Other households approved for benefits are required to report increases in household income of over \$50.00 per month or \$600.00 per year and decreases in household size. Also, if a household member becomes unemployed or if the household size increases the household should contact the school. Such changes may make the children of the household eligible for benefits if the household's income falls at or below levels shown above.

In certain cases foster children are also eligible for school meals benefits. If a household wishes to apply for benefits for foster children living with them, the household should contact the school for more information.

The information provided by the household is confidential and will be used only for purposes of determining eligibility and verifying data.

In the operation of child feeding program administered by the U.S. Department of Agriculture, no child will be discriminated against because of race, color, sex, national origin, age or handicap. If any member of a household believes they have been discriminated against, they should write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

Sun protection habits important for whole family

by Lou Gilly
Haskell Co. Extension Agent

Skin cancer is the most common type of cancer. The most deadly type of skin cancer, melanoma is increasing five percent each year. Controlling the incidence of skin cancer requires reducing sun exposure especially

before age 18. Avoiding blistering sunburns is particularly important. However, a 1992 statewide survey of middle school students conducted by the University of Texas M. D. Anderson Cancer Center reported

that 85 percent of children spend a lot of time in the sun and only 5 percent said they use sunscreen regularly.

How can parents reduce sun exposure and prevent sunburns for their children? First, limit the amount of time children are exposed to the sun between 10 a.m. and 4 p.m. or avoid the sun exposure if your shadow is shorter than you are tall. Realize that cloudy days require precautions because 80 percent of the sun's rays can reflect off sand and concrete. Next, apply sunscreen with at least SPF 15. Apply

sunscreen 30 minutes before going outside and reapply at least every two hours especially if swimming or perspiring. Provide children with a hat that shades their face, top of ears and back of neck. Children under 6 months of age should be kept out of the sun if possible.

Teach children by being a good example. Practice preventive sun protection habits yourself as well as for your children. Making preventive sun protection a habit during childhood may carry over into adolescence—a time when peer pressure to increase tanning increases substantially.

Bones provide important functions

by Lou Gilly
Haskell Co. Extension Agent

Bone is not a hard and lifeless structure, but a complex, living tissue. Bones provide structural support for muscles, protect vital organs and store the calcium essential for bone density and strength.

Because bones are constantly changing, they can heal and may be affected by diet and exercise. Until the age of about 35, you build and store bone efficiently. Then, as part of the natural aging process, your bones begin to break down faster than new bone can be formed. In

women, bone loss accelerates after menopause, when ovaries stop producing estrogen - the hormone that protects against bone loss.

Think of your bones as a savings account. There is only as much bone mass in your account as you deposit. The critical years for building bone mass are from prior to adolescence to about age 30. Some experts believe that young women can increase their bone mass by as much as 20 percent - a critical factor in protecting against osteoporosis.

To determine if you have osteoporosis or may be at risk for the disease, see a physician who

will ask a variety of questions about your lifestyle and medical history. Your doctor will want to know if anyone in your family has suffered from osteoporosis or if they have fractured bones. Based on a comprehensive medical assessment, your doctor may recommend that you have your bone mass measured.

A bone mass measurement is the only way to tell if you have osteoporosis. Specialized tests called bone density tests can measure bone density in various sites of the body. A bone density test can help detect possible fractures before they occur.

Americans are obsessed with weight

by Lou Gilly
Haskell Co. Extension Agent

We hear the message again and again: Americans are overweight. One third of us are obese. On the other end of the spectrum are the people who are too thin. Experts fighting the body wars say don't worry about being fat or thin. Worry about being healthy. That's difficult because Americans, especially women, are obsessed with weight.

We spend an estimated 50 billion dollars a year on diets because from a very early age, we fall under the impression that thin is in. Dr. Margo Maine heads the

eating disorders program at the Institute for Living in Hartford, Connecticut. She treats young people who believe five-foot-seven and 90 to 95 is the body they should aspire to have.

Speaking at the Texas Human Nutrition Conference at Texas A&M she told of how anti-obesity campaigns only serve to make some people fearful of food. The more rampant that fear, the higher the incidence of eating disorders such as anorexia and bulimia. Maine says that can be particularly dangerous with young bodies that are still growing.

They are the victims of the body wars...the confusion over what is normal weight. Maine says the message we need to convey to children is that it is okay to be different sizes and shapes, that the body matures in an uneven fashion and the focus should be on staying healthy. Maine recognizes that obesity is a growing problem, but she doesn't think fat should be a dirty word.

The key to a healthful diet is moderation and balance. She says eat what you body needs to function properly and stop being a prisoner of the body wars.

New surgical techniques counteract nerve damage

Improved surgical techniques and better biomedical implants are helping neurological at UT Southwestern Medical Center at Dallas more effectively counteract nerve damage in the neck that can lead to severe disability.

Patients suffering from the compression of spinal cord nerves in the cranial-cervical junction—the point at which a person's head meets the neck—often experience excruciating pain and difficulty moving the neck, as well as loss of sensation and movement in other parts of the body. Their condition is frequently misdiagnosed and has traditionally been considered hard to treat because of the location, said Dr. Howard Morgan, associate professor of neurological surgery at UT Southwestern.

A new generation of biomedical implants is enabling surgeons to treat these complex pathologies more precisely and with greater certainty of long-lasting solutions. Better imaging techniques also help physicians identify the source of a patient's problem more exactly and operate with increased precision.

"We feel that we can now perform surgery that can greatly improve the quality of life for most of these patients," said Morgan, holder of the Trammell Crow Professorship in Neurosurgery.

To alleviate the pressure being exerted on the nerve tissue at the crucial junction, surgeons remove the bone of soft tissue that is pressing against the nerves and then realign the vertebrae. Surgeons also are able to use bone grafting and titanium implants, custom-fitted to stabilize the cranial-cervical junction. This technique prevents movement during the healing process, allowing the bone graft to fuse the head to the neck.

Compression of spinal cord nerves often results from rheumatoid arthritis or traumatic injury to the head, neck or back. In

some cases, the condition arises from congenital abnormalities that become noticeable only after reaching adulthood. Rheumatoid arthritis tends to cause many of the body's joints to deteriorate and frequently brings about instability between the first and second cervical vertebrae.

Morgan said it is important for people who experience symptoms, especially those who have rheumatoid arthritis, to see a specialist who can evaluate them

for nerve compression. If left untreated, nerve compression at the cranial-cervical junction can interfere with the ability to perform routine daily tasks because of the disabling pain. The compression of nerve communication lines can cause a numbing sensation in the arms and legs, a loss of strength and, ultimately, a loss of mobility. Bowel and bladder problems, along with breathing and swallowing difficulties, also can develop, Morgan said.

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VERNON REGIONAL JUNIOR COLLEGE
Haskell Center Registration

Registration August 19, 2:30 - 6:30 p.m.
Seymour High School
Classes begin August 24

CLASS SCHEDULE

ENGL1301	Intro to Business, Monday, 6:30 - 9:30 p.m.
ENGL 1301	Composition and Grammar (High School Students Only) M-F.
ENGL1302	Composition and Literature, Wednesday, 6:30 - 9:30 p.m.
HIST 1301	United States History to 1864 (Video tape course)*
HIST 1302	United States History since 1865 (Video tape course)*
CRJ1 1307	Crime in America, Tuesday, 6:30-9:30 p.m.
MCOT 1401	Microcomputers for Business, Tuesday, 6:00-10:00 p.m.
MCOT 1401	Microcomputers for Business, Thursday, 6:00-10:00 p.m.
DFTG 1409	Basic Computer-Aided Drafting (Internet course)
GRPH 1422	Electronic Publishing I (Internet course)

*Required orientation for video tape courses will be held during registration, 5:00-6:00 p.m.



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FOR MORE INFORMATION, CALL US AT 800-424-7182 OR CONTACT YOUR LOCAL TEXAS CELLULAR AGENT

1998 PROPERTY TAX RATES IN HASKELL COUNTY

This notice concerns 1998 property tax rates for Haskell County. It presents information about three tax rates. Last year's tax rate is the actual rate the taxing unit used to determine property taxes last year. This year's effective tax rate would impose the same total taxes as last year if you compare properties taxed in both years. This year's rollback tax rate is the highest tax rate the taxing unit can set before taxpayers can start tax rollback procedures. In each case these rates are found by dividing the total amount of taxes by the tax base (the total value of taxable property) with adjustments as required by state law. The rates are given per \$100 property value.

	General Fund	Farm to Market/ Flood Control Fund	Special Road/ Bridge Fund
LAST YEAR'S TAX RATE:			
Last year's operating taxes	\$ 892,614.37	\$ 286,124.95	\$ 232,506.95
Last year's debt taxes	\$ 0.00	\$ 0.00	\$ 0.00
Last year's total taxes	\$ 892,614.37	\$ 286,124.95	\$ 232,506.95
Last year's tax base	\$ 205,800,360	\$ 202,911,003	\$ 215,271,577
Last year's total tax rate	\$ 0.4337/\$100	\$ 0.1410/\$100	\$ 0.1080/\$100
THIS YEAR'S EFFECTIVE TAX RATE:			
Last year's adjusted taxes (after subtracting taxes on lost property)	\$ 891,706.31	\$ 285,690.77	\$ 232,462.76
+ This year's adjusted tax base (after subtracting value of new property)	\$ 204,135,287	\$ 201,230,146	\$ 213,279,510
= This year's effective tax rate for each fund	\$ 0.4368/\$100	\$ 0.1419/\$100	\$ 0.1089/\$100
Total Effective Tax Rate	\$ 0.6876/\$100		
THIS YEAR'S ROLL BACK TAX RATE:			
Last year's adjusted operating taxes (after subtracting taxes on lost property and including taxes for state criminal justice mandate.)	\$ 893,326.31	\$ 285,690.77	\$ 232,462.76
+ This year's adjusted tax base	\$ 204,135,287	\$ 201,230,146	\$ 213,279,510
= This year's effective operating rate	\$ 0.4376/\$100	\$ 0.1419/\$100	\$ 0.1089/\$100
x 1.08 = This year's maximum operating rate	\$ 0.4726/\$100	\$ 0.1532/\$100	\$ 0.1176/\$100
+ This year's debt rate	\$ 0.0000/\$100	\$ 0.0000/\$100	\$ 0.0000/\$100
= This year's rollback rate for each fund	\$ 0.4726/\$100	\$ 0.1532/\$100	\$ 0.1176/\$100
This year's total rollback rate	\$ 0.7434/\$100		

SCHEDULE A - UNENCUMBERED FUND BALANCES

The following estimated balances will be left in the unit's property tax accounts at the end of the fiscal year. These balances are not encumbered by a corresponding debt obligation.

Type of Property Tax Fund	Balance
General	\$ 161,000.00
Road & Bridge	\$ 165,000.00
Farm & Market Lateral Road	\$ 90,000.00

SCHEDULE B - DEBT SERVICE: NONE

SCHEDULE C - EXPECTED REVENUE FROM ADDITIONAL SALES TAX: NONE

SCHEDULE D - STATE CRIMINAL JUSTICE MANDATE (FOR COUNTIES)

The Haskell County Treasurer certifies that Haskell County has spent \$6,000.00 in the previous 12 months beginning July 1, 1997, for the maintenance and operations cost of keeping inmates sentenced to the Texas Department of Criminal Justice. Haskell County Sheriff has provided information on these costs, minus the state revenues received for reimbursement of such costs.

SCHEDULE E - TRANSFER OF DEPARTMENT, FUNCTION OR ACTIVITY: NONE

This notice contains a summary of actual effective and roll back tax rates' calculations.
You can inspect a copy of the full calculations at
HASKELL COUNTY APPRAISAL DISTRICT,
604 North First Street, Haskell, Texas.

Name of person preparing this notice: Kenny Watson Title: Chief Appraiser Date prepared: 07/28/98

Symbols replacing words on garments

by Lou Gilly
Haskell Co. Extension Agent
Symbols are replacing words for care on garments in the U.S. Recently the Federal Trade Commission (FTC) allowed five symbols to replace written care instructions on apparel and certain piece goods sold in the United States. For the first 18 months, explanations of care symbols must appear with the symbols on the hangtag or elsewhere on the garment. After the time limitation

requirement, no written explanation is required.

The symbols indicate whether washing, drying, ironing or dry-cleaning is the required method of care. Additional dots, marks, and lines make the method explanation more explicit. An X shows that a method is not recommended.

The FTC's actions to move from words to symbols was prompted by NAFTA and international trade to help companies comply with the U.S.

Care Labeling Rule. The symbol care system minimizes language translation errors and cultural differences. Consumers not literate in English may now find it easier to learn the symbols. Production costs to consumers.

Brochures explaining the change in care labeling are now available from the County Extension Office in Haskell County, or contact Lou Gilly, County Extension Agent-FCS at (940) 864-2546.

Food for thought

by Charles H. Spurgeon
"Solid food is for the mature, who because of practice have their senses trained to discern good and evil."

Hebrews 5:14

A good systematic theology is the foundation upon which we build our lives. It is to our walk with God what our skeleton is to our body. It holds us together and keeps us in the right form. But right doctrine is never an end in itself. True doctrine governs our relationship with God and man.

Many Christians have a relationship with God that is only theological, not personal. Those accustomed to the word of righteousness should be sensitive to the personal leading of the Holy Spirit.

Solomon started with a love for God. He "became greater than all the kings of the earth in riches and in wisdom. And all the earth was seeking the presence of Solomon, to hear his wisdom which God had put in his heart" (1 Kings 10:23, 24). He had the ability to discern, but moral demise led to his downfall. His wives turned his heart away and he was no longer accustomed to the words of righteousness. His heart was not wholly devoted to the Lord and the kingdom of God was torn in two. I'm not sure my senses would

have been trained if God hadn't called me into the ministry of setting captives free. If we are going to minister in a world of deception, we had better learn to rely on God and not lean on our own understanding. We need more than intellectual discernment; we need spiritual discernment. All spiritual discernment is on the plane of good and evil. Because the Holy Spirit bears witness with our spirit, we should be able to sense when something is right or wrong.

The Holy Spirit is our first line of defense. Our personal relationship with God is made

possible by the indwelling presence of the Holy Spirit who does not silently sit by in the face of danger, but prompts us to choose what is true and right.

This Week's Devotional Message:

OUR BEST REFUGE FROM THE WORLD IS THE FAMILY CIRCLE



In this modern world of turmoil and confusion, it is more important than ever to honor and preserve the traditional family. Ever since Biblical times, it has been the one unit of our social structure which has always held our civilization together, and it still provides a bulwark of comfort and sanity from the world outside. Without it there would be no love, kindness, compassion or indeed, any emotion except total selfishness. In

the ideal household, family members share their problems and their blessings, and they work to sustain each other in times of crisis. Moreover, they know that some help from a higher source may be needed from time to time, and that the place to receive it is the House of Worship, where they are reminded that God is the Father of all; and that we are all members of His earthly family, as well as the recipients of His boundless love.

ATTEND CHURCH THIS SUNDAY

HASKELL	PAINT CREEK	WEINERT	ROCHESTER
East Side Baptist Church David Page, pastor Sun. 8:30 a.m., 9:45 a.m., 11 a.m., 6 p.; Wed. 7 p.m. 600 N. 1st East, Haskell	Paint Creek Baptist Church Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m. Paint Creek	First Baptist Church Joel Rister, pastor Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.; Wed. 7 p.m. Weinert	Church of Christ Steve Willis, minister Sun. Morn. 9:45 a.m., 10:45 a.m., 6 p.m.; Wed. 6 p.m. West on Main Street, Rochester
Christian Church Dusty Garison, minister Sun. Morn. 9:45 a.m., 10:45 a.m., 6 p.m.; Wed. 7 p.m. 107 N. Ave. F, Haskell	Paint Creek Baptist Church Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m. Paint Creek	Weinert Methodist Church Rev. James Patterson Sun. Morn. 9:45 a.m. Weinert	First Baptist Church Jim Turner, pastor Sun. Morn. 9:45 a.m., 10:55 a.m., 6 p.m.; Wed. 7 p.m. 301 N. Ave. E, Haskell
Church of God Eric Clark, pastor • 864-2021 Sun. 9:45 a.m., 11 a.m., 6 p.m.; Wed. 7:00 p.m. East Hwy 380, Haskell	Paint Creek Baptist Church Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m. Paint Creek	Weinert Foursquare Church Rev. Joyce Goossen and Rev. Diane Crownover Sun. Morn. 10 a.m., 11 a.m. Wed. 7 p.m. Weinert	First Baptist Church Jim Turner, pastor Sun. Morn. 9:45 a.m., 10:55 a.m., 6 p.m.; Wed. 7 p.m. 301 N. Ave. E, Haskell
Trinity Lutheran Church Gary Bruns, pastor Sunday School 9:30 a.m., Worship 10:30 Hwy 380 East, Haskell	Paint Creek Baptist Church Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m. Paint Creek	Weinert Methodist Church Rev. James Patterson Sun. Morn. 9:45 a.m. Weinert	First Baptist Church Jim Turner, pastor Sun. Morn. 9:45 a.m., 10:55 a.m., 6 p.m.; Wed. 7 p.m. 301 N. Ave. E, Haskell
Iglesia Bautista El Calvario Vergil Smith Sun. Morn. 9:45 a.m., 10:45 a.m., 5 p.m.; Wed. 7 p.m. 607 S. 7th, Haskell	Paint Creek Baptist Church Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m. Paint Creek	Weinert Methodist Church Rev. James Patterson Sun. Morn. 9:45 a.m. Weinert	First Baptist Church Jim Turner, pastor Sun. Morn. 9:45 a.m., 10:55 a.m., 6 p.m.; Wed. 7 p.m. 301 N. Ave. E, Haskell
First United Methodist Church Shane Brue, pastor Sun. Morn. 9:45 a.m., 10:50 a.m., 6 p.m.; Wed. 6 p.m. 201 N. Ave. F, Haskell	Paint Creek Baptist Church Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m. Paint Creek	Weinert Methodist Church Rev. James Patterson Sun. Morn. 9:45 a.m. Weinert	First Baptist Church Jim Turner, pastor Sun. Morn. 9:45 a.m., 10:55 a.m., 6 p.m.; Wed. 7 p.m. 301 N. Ave. E, Haskell
First Assembly of God Rev. J.C. Amburn Sun. Morn. 9:45 a.m., 10:45 a.m., 6 p.m.; Wed. 7 p.m. 1500 N. Ave. E, Haskell	Paint Creek Baptist Church Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m. Paint Creek	Weinert Methodist Church Rev. James Patterson Sun. Morn. 9:45 a.m. Weinert	First Baptist Church Jim Turner, pastor Sun. Morn. 9:45 a.m., 10:55 a.m., 6 p.m.; Wed. 7 p.m. 301 N. Ave. E, Haskell
St. George Catholic Church Father Michael Melcher Sat. Mass 7:15 p.m.; Sun. Morn. 9:00 a.m. 901 N. 16th, Haskell	Paint Creek Baptist Church Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m. Paint Creek	Weinert Methodist Church Rev. James Patterson Sun. Morn. 9:45 a.m. Weinert	First Baptist Church Jim Turner, pastor Sun. Morn. 9:45 a.m., 10:55 a.m., 6 p.m.; Wed. 7 p.m. 301 N. Ave. E, Haskell
Church of Christ Dale Huff, minister Sun. Morn. 9:30 a.m., 10:30 a.m., 6 p.m.; Wed. 7:30 p.m. 510 N. Ave. E, Haskell	Paint Creek Baptist Church Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m. Paint Creek	Weinert Methodist Church Rev. James Patterson Sun. Morn. 9:45 a.m. Weinert	First Baptist Church Jim Turner, pastor Sun. Morn. 9:45 a.m., 10:55 a.m., 6 p.m.; Wed. 7 p.m. 301 N. Ave. E, Haskell
First Presbyterian Church Luther S. Hollowell, II, pastor Sun. Morn. 9:45 a.m., 11:00 a.m. 306 N. Ave. E, Haskell	Paint Creek Baptist Church Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m. Paint Creek	Weinert Methodist Church Rev. James Patterson Sun. Morn. 9:45 a.m. Weinert	First Baptist Church Jim Turner, pastor Sun. Morn. 9:45 a.m., 10:55 a.m., 6 p.m.; Wed. 7 p.m. 301 N. Ave. E, Haskell
Trinity Baptist Church Rev. Kenneth Blair Sun. Morn. 10 a.m., 11 a.m., 6:30 p.m.; Wed. 7:30 p.m. 401 S. Ave. D, Haskell	Paint Creek Baptist Church Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m. Paint Creek	Weinert Methodist Church Rev. James Patterson Sun. Morn. 9:45 a.m. Weinert	First Baptist Church Jim Turner, pastor Sun. Morn. 9:45 a.m., 10:55 a.m., 6 p.m.; Wed. 7 p.m. 301 N. Ave. E, Haskell
Hopewell Baptist Church John Lewis, pastor Sun. Morn. 9:30 a.m., 11:00 a.m.; Wed. 7 p.m.	Paint Creek Baptist Church Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m. Paint Creek	Weinert Methodist Church Rev. James Patterson Sun. Morn. 9:45 a.m. Weinert	First Baptist Church Jim Turner, pastor Sun. Morn. 9:45 a.m., 10:55 a.m., 6 p.m.; Wed. 7 p.m. 301 N. Ave. E, Haskell

ECC Calendar and Menu

Monday, Aug. 10 Lunch-Steak/gravy, mashed potatoes, mixed vegetables, peach cobbler, bread, milk, tea or coffee	Lunch-Ham, Navy beans, spinach, cabbage slaw, onions, brownies, bread, milk, tea or coffee Announcements begin at 11:45 a.m. followed by lunch.
Wednesday, Aug. 12 11:45 a. m. Lou Gilly Lunch-Pizza, corn O'Brien, lettuce salad, banana cake, milk, tea or coffee	All over 60 are invited to come and eat. Call 864-3875 for transportation to the center or for home delivered lunches for the sick or disabled.
Friday, Aug. 14	The Holy Spirit is our first line of defense. Our personal relationship with God is made possible by the indwelling presence of the Holy Spirit who does not silently sit by in the face of danger, but prompts us to choose what is true and right.


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For Sale FOR SALE: Common Bermuda and Giant Bermuda grass at Smitty's Feed & Seed, 107 N. East 1st, Haskell. 23tfc	Wanted CASH PAID for old lever action Winchester rifles. Colt pistols and most other guns and western memorabilia. A. C. Richardson at store Hwy. 277 N. 12tfc
ALL TYPES of feed. Pearl and Foxtail Millet. Crown Quality Feed & Seed, Haskell. 23tfc	Miscellaneous HOME DECORATORS. Painting, Insulation, Remodeling, water and air filtration systems. Call Bobby O'Neal 940-743-3550. 30tfc
FOR SALE: Snare drum with stand. \$100. 864-3788. 31-32p	'JUST FOR YOU' Rehearsal dinners, wedding receptions, decorations, reunion (groups 50 plus). Booking now! Call early! Jennabeth Kimbrough 1-940-864-864-3785. 30-34p
FOR SALE: Kenmore avocado washer and dryer. Good. \$150 pair. 864-3785. 32c	CUSTOM FRAMING. Country Friends and Frames, 101 N. Swenson, Stamford. 915-773-2661. Complete framing needs. Closed Mondays. 32c
FOR SALE: Alto sax. Call after 5 p.m.. 864-2028. 32p	BABY ITEMS: Crib with mattress, mobile, crib linens, diaper stacker, bicycle seat. 864-2964.

TAX PLANNING



Written By James E. Rodgers, CPA

NEW CHILD TAX CREDIT MEANS SAVINGS NOW

Families may save tax dollars this year with changes contained in the *Taxpayer Relief Act of 1997*. One such family-friendly provision is the child tax credit. This year, taxpayers who have qualifying children under age 17 may be entitled to a credit of \$400 per child. This increases to \$500 per child in 1999 and later years. To receive this credit, two main rules concerning the definition of a "qualifying child" and taxpayer income limits must be met.

- Qualifying child.** This must be a child, grandchild, stepchild, or eligible foster child for whom you can claim a dependency exemption and who is under 17 at the end of the year for which you are claiming the credit. The child must also be a U. S. citizen, national, or legal resident.
- Income limitations.** Higher-income taxpayers face a phase-out of the credit amount when their income reaches specific limits. For example, on a 1998 joint tax return, the \$400 credit is gradually reduced when family income exceeds \$110,000; for singles, the credit starts phasing out when income exceeds \$75,000.
- To benefit now.** There is no need to wait until the filing of your 1998 individual income tax return next year to take advantage of the tax credit. The tax savings resulting from the credit can put more money in your pocket now by reducing your income tax withholding. The IRS has included the tax credit allowance in the worksheet for the 1998 Form W-4 (Employee's Withholding Allowance Certificate). Consider filing a new form if adjustments are appropriate.

Contact our office if you would like details about the child tax credit in your situation. If you're likely to qualify for the credit, your 1998 tax planning should take it into account.

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Sonic Drive-In 1402 N. Ave. E 864-8533 Managers: Leon & Carolyn Herring	The Sweet Shop 507 N. Ave. E • 864-2711 Hebrews 10:25 - "Not forsaking the assembling of ourselves together"	Haskell Tire & Appliance Center, Inc. 206 South Avenue E 864-2900
Steele Machine Hwy. 280 • 864-2208	HANSON PAINT & BODY SHOP 207 S. 1st • 864-3631 Professional Auto Body Repair Glass Installation • 24 Hour Wrecker Service	Personality Slipper Shoppe 413 S. 1st (South Side of Square) 864-2501 and 864-3051 "One Stop Shopping"
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ALL DEADLINES MONDAY 5 P.M.

864-2686

Help Wanted

CellularONE—A leader in wireless communications in Texas is looking for a direct salesperson in the Haskell County area. Responsibilities include: Ability to exceed sales goals. Manage and expand customer base. Operate independently. Benefits include: Competitive salary with commissions and bonus opportunities. Car allowance. Medical insurance. 401(K). Join the CellularONE team and enjoy the challenges of the fastest growing industry in America! Send resume and cover letter to: Texas Market Manager, c/o WWC, 705 8th Street #1100, Wichita Falls, TX 76301. 25fc

HASKELL HEALTHCARE CENTER is now accepting applications for CNA's. 7 a.m. to 3 p.m. and 3 p.m. to 11 p.m. Please apply in person only to Abby Salinas, 1504 N. 1st, Haskell, TX. 28fc

FOOD MANAGEMENT. Richeson Dairy Queen has opening for Manager in Stamford. City pay, country living. Great place to raise family. Possible salary in mid \$20s. Drug test required. Call Barbara at 940/549-5041 or fax resume to 940/549-6106. 31-32c

HELP WANTED: Experienced roofing crews needed. 864-3208. 32-34c

HELP WANTED: Only experienced in convenience store and deli need apply. See Sue Smith, Texaco Star Stop, 706 N. 1st, Haskell. 32c

Jobs Wanted

HOUSE LEVELING. Floor bracing. Free estimates. References. Call 915-675-6369 anytime. David Lee. 19fc

ROOFING. Fences—Privacy. chainlink, construction—Storage buildings, add ons. House painting. Many references available. Daniel Riley 864-4638. 31-32p

CHILD CARE. 2 meals, one snack. 200 N. 3rd. 864-6127. 32c

COMPUTER SOLUTIONS!

System assembly, hardware and software upgrades and individual instruction. Randy Bowers: 864-2964 bowershaskell@juno.com 32p

Single Parents! We can help. 2, 3 & 4 bedroom. Low down/Low monthly. Easy credit. Call 800-529-3195. 30fc

Follow your dreams unless it's the one where you are at work in your underwear. Are you dreaming of a pretty new sofa? Dream no more—come to Kinney Furniture in Stamford where you will find the sofa you have been dreaming about. There are many styles and colors to choose from. Sale prices starting at \$449.00. Kinney Furniture offers quick free delivery. 32c

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REASONABLE RATES
See us for all your auto mechanic needs. 20 years experience. We do it right the first time. 117 North Ave. E - Haskell, TX

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Four bedroom, 2 bath, central H/A, carport on 3 city lots.
608 S. Ave. E. To rent or sell.
Need listings!
Medicare Supplement Life Insurance
Long Term Care - Annuities
408 N. 1st
940-864-3880 32c

Garage Sales

MOVING SALE: 403 S. 6th Apt. A. Thurs., Fri., Sat., 8 til ? 32c

3 FAMILY YARD SALE: Clothes, crafts, some furniture, household items. Fri. & Sat. 9 a.m. til 5 p.m. No early sales. 206 N. 3rd. 32p

GARAGE SALE: 202 N. Ave. 1. Thurs., Fri. & Sat. Childrens and baby clothes, dishes, dolls, baby bed, misc. 32p

GIANT BACK TO SCHOOL GARAGE SALE: Paint Creek Community. Fri. & Sat., Aug. 7th & 8th. 7:30 a.m. til 1 p.m. Low prices everything must go. Home of Darlene Walton, FM618 red brick house. Furniture, household items, men's, women's and youth's clothing. Lots of misc. items. For information call 940-864-2920. 32p

For Rent

FOR RENT: 1 bedroom furnished house. 864-3504 nights or 864-2647 days. 18fc

RENT HOUSES available. 1, 2 or 3 bedrooms. 864-2951 or 864-2898. 32c

FOR RENT: 2 bedroom, 1 bath house. 206 N. 6th. Call 864-3575. 32p

FOR RENT: 2 houses. 2 bedroom, 1 bath. Washer-dryer connections. 864-2123 after 5 p.m. 32p

FOR RENT: 604 N. 3rd. 2 bedroom, 1 bath apartment. CH/A. covered parking, washer/dryer hookups. 864-3762. 32c

FOR RENT: 1207 N. 11th. 1 bedroom house. 864-3762. 32c

FOR SALE OR LEASE: 3 bedroom, 2 bath, house. CH/A. Call Todd M-F 864-2621 til 5 p.m. or 915-236-9303 after 6 p.m.

Have you noticed that they don't seem to be making years as long as they used to? The years will seem longer and you will add life to your years when you start sleeping on a Spring Air Back Supporter mattress set. Kinney Furniture in Stamford has the best prices in the Big Country. At Kinney Furniture you get quick free delivery and free disposal of your old set. 32c

Real Estate

FOR SALE: Ethel Segó's home. Shown by appointment. 864-3242 or 864-3566. 31fc

Public Notices

NOTICE
Haskell County Pct. #2 and Pct. #3 will accept sealed bids to seal coat county roads. Pct. #2 will seal coat 2.2 miles of road and Pct. #3 will seal coat .8 mile of road. Bids will be opened at Commissioner's Court meeting on August 25, 1998. Haskell County reserves the right to accept or reject any and all bids. For further information contact Ronnie Chapman, Commissioner Pct. #2 at 940-864-2480 or Kenny Thompson, Commissioner Pct. #3 at 915-773-2046 or David C. Davis, County Judge at 940-864-2851. Haskell County Commissioners Court By: David C. Davis County Judge. 32-33c

PUBLIC NOTICE OF NONDISCRIMINATION IN CAREER AND TECHNOLOGY PROGRAMS
Haskell CISD offers career and technology education programs in agriscience, homemaking, trade and industrial education and business. Admission to these programs is based on interest and aptitude, age appropriateness, class space available, and in some cases prerequisite courses. It is the policy of Haskell CISD not to discriminate on the basis of race, color, national origin, sex, or handicap in its vocational programs, services, or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972 and Section 504 of the Rehabilitation Act of 1973, as amended.

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It is the policy of Haskell CISD not to discriminate on the basis of race, color, national origin, sex, handicap, or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.

Haskell CISD will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all education and vocational programs.

For information about your rights of grievance procedures, contact the Title IX/504 Coordinator, Bob Pheil, at 600 North Avenue E, Haskell, Texas, 940-864-2602 and/or the Section 504 Coordinator, Bob Pheil, at 600 North Avenue E, Haskell, Texas, 940-864-2602.

FORMA DE MUESTRA
Haskell CISD ofrece programas vocacionales en agrisciencia, clases de casa, comercios y oficios. La admision a estos programas se basa en interes y habilidad, apropiada de edad, avilabilidad de espacios para clases y en unos materias hay requisitos previos. Es norma de Haskell CISD no discriminar por motivos de raza, color, origen nacional, sexo o impedimento, en sus programas, servicios o actividades.

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Dance Ranch
SATURDAY, AUGUST 8TH
9:00 p.m. to 1:00 a.m.
BYOB

The family of Pauline Terry wishes to express their appreciation and thanks for all the food, flowers and prayers during the loss of our loved one.
A special thanks to the employees of the Haskell Healthcare Center, Rural Health Care Center and the Haskell Memorial Hospital for the loving care she received.
The family of Pauline Terry

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RESIDENTIAL
• LARGE LIVING ROOM. Three-bedroom, one bath, carport and utility room, extra lot with water well. 902 N. 5th.
• NEAT, CLEAN, PERFECT CONDITION. Three bedroom, two bath, with two living areas, two dining areas. Lots of storage inside and outside in desirable location. 700 N. Ave. L.
• A PLACE IN THE COUNTRY. Large four-bedroom, three-bath, two living areas with large rock fireplace, master bedroom suite with his and her dressing and bath. Situated on approximately 18 acres with shop, barn and working pens. Convenient to Haskell on paved road. Call for details.
• SPACIOUS AND AFFORDABLE. Three bedroom, two bath, or two bedroom and den, living room. Large kitchen, fireplace, fenced yard. 1405 N. Ave. H.
• OWNER READY TO SELL! Three bedroom, two baths, central heating and cooling, carport, covered patio, outside storage. 1302 N. Ave. L.
• GREAT LOCATION. Would make good rental or first home. Brick floor, three bedroom, one bath, with some hardwood floors and beamed ceiling, wood burning stove. Central heat. 1005 N. Ave. K.
• FOUR LEVELS AND FOUR BEDROOMS. Rock home with two baths, unique design on corner lot. Extra living quarters or apartment in rear. 807 N. Ave. E.
• SPACIOUS AND IN GREAT CONDITION. Large two-bedroom brick, central heating and cooling with carport and barn on large lot. 1205 8th in Rule.
• RENTAL INVESTMENT. Neat, clean house and apartment. 504 S. 8th.
• HUNTER'S LODGE. Bedroom, bath, kitchen, living room. SE 5th Street.
• YOU MOVE IT AND YOU CAN HAVE IT! Large two bedroom, to be moved or tear down for lumber. Good for lake or farm. 205 N. Ave. F.
• FREE FOR MOVING. Two-bedroom, one bath.
• FARM AND RANCH
• 85 ACRES northeast of town near Haskell Country Club. \$700 ac.
• 580 ACRES southwest of Haskell. Cultivation and pasture combination. \$333 ac.
• 330 AC. CULTIVATION approximately 6 mi. west of Haskell. Excellent 547 lb. cotton yield.
• 3519 ACRES native pasture 10 miles east of Haskell. Excellent cattle ranch and good hunting. Will divide and owner finance. \$295 ac. surface only.
• VACANT LOTS
• THREE LOTS in great location with some trees. 105 N. Ave. L.
• BUILDING SITE Good corner lot in northwest section of Haskell. \$4,200.00.
• COMMERCIAL
• RESTAURANT AND COUNTRY STORE. Fully equipped. Great location to serve year-round hunting plus local watermelon and peanut harvest personnel. Will consider lease or lease purchase.
• NEED ACREAGE PLUS BUILDINGS? 13.15 Acres. Approx. 7 acres fenced, on Highway 277 North, some utilities available, water well. Great development property for commercial or residential use.
• GOOD HIGHWAY FRONTAGE. Highway 277 South. Approximately 1.5 ac. with building, water well (City water available).

Volunteers honored by Haskell Memorial Hospital Auxiliary



RUBY MARTIN

The Haskell Memorial Hospital Board of Directors and hospital staff recently honored the Haskell Memorial Hospital Auxiliary with an appreciation dinner and installation of officers at the Haskell National Bank Community Building. New officers are Bennie Shelton, President; Alma Counts, Vice-President; Debbie Kreger, Secretary; Ruby Martin, Treasurer; Oleta Cornelius, Historian; Jessie Couch and Coleta Whitfield, Membership Committee.

Ruby Martin was honored for contributing 1000 volunteer hours to the Auxiliary. Others receiving bars for hours given were Oleta Cornelius, Debbie Kreger, Don Kreger, Jessie Couch, Betty Lefevre, Alma Counts, Margie Cardwell, and Charles Swinson. Approximately 3,775 volunteer hours were contributed. Of that

number, most were spent working in the Thrift Shop operated by the Auxiliary, and 800 were spent at the hospital by Charles Swinson.

Music was provided by the Mighty River Band featuring Doris Brock, Ford Cole, Richard and Jama Louder and Rachel Hernandez.

Decorations were done by the hospital staff who also prepared and served the dinner. Donations for the Bingo games were provided by the following merchants: Texaco Star Stop, Double A Drive Inn, Baily Toliver Chevrolet-Olds, Personality-Slipper Shoppe, Plum Cute, Dollar General, Boggs and Johnson, Sport-About, Hassen's, Classic Cuts, Modern Way, Nemir Antiques, Nemir Medical Supply, Kip Nemir Archery, Lane-Felker, The Drug Store, Bill's Dollar Store, Connors Nursery and Floral, H&R Block, Sue's Flowers, Photography, and Gifts, Video Mania, The Adobe House, Bassing Jewelry, Hartsfield Insurance, Haskell National Bank, Kountry Crafts, Hair Plus, Carriage Flower Shop and West Texas Utilities.

Through donations and support of the community, the Auxiliary has purchased the Thrift Shop Building and made donations for a commercial food mixer for the hospital dietary department. Donation to the hospital of Pulse oximeters and accessories valued at \$1,100.00 were also made possible.

Both the community and the hospital benefit through the activities of the Thrift Shop. Members and officers appreciate the continued support the Auxiliary has received.

Elementary students to register Aug. 14

Registration for all Haskell Elementary students will be Fri., Aug. 14 from 1:00-3:00 p.m. Parents are encouraged to attend registration with their child/children so they can meet the teachers and fill out necessary paperwork.

Homeroom lists will be posted in the following locations on Thurs., Aug. 13 at 5:00 p.m.

Early Childhood and Prekindergarten - North doors of

the new building.

Kindergarten, First and Second Grades - Homeroom doors.

Third Grade - North doors of the main building.

Fourth Grade - East doors of the main building.

Fifth Grade - South doors of the main building.

Sixth Grade - South doors of the main building.

School begins Tues., Aug. 18.

Order validation tags now

by Greg Kaase
Haskell Co. Extension Agent
Now is the time for Haskell County 4-H and FFA lamb exhibitors to order their 1999 Lamb Validation Ear Tags. Any 4-H'er or FFA member who plans on exhibiting market lambs at the Haskell County Junior Livestock Show or at any other major livestock show (Houston, Ft. Worth, San Antonio, etc.) will need to order ear tags by Fri., Aug. 14, 1998.

New Elementary students to register

Haskell Elementary School will hold registration for new students to the district on Mon., Aug. 10 from 10:00 a.m. to 12:00 p.m. in the elementary library (located on the west side of the campus on South Avenue H). This registration is also for any students that did not pre-register in the spring for Prekindergarten or Kindergarten.

Parents should bring their child's birth certificate, immunization record, social security card and last report card.



TOP TxDOT DRIVERS—Chris Medford, left and Joe Swinney of Haskell, show the certificates they earned as participants in the Texas Department of Transportation's 1998 Abilene district Roadex. The event tests drivers on their precision driving skills and preventive maintenance knowledge. Swinney and Medford, maintenance technicians in the Haskell County maintenance section, finished first and second at the county level to earn them the right to compete at district.

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HOMEL Sliced Pepperoni
3.5 OZ.
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Gatorade
32 OZ.
ALL FLAVORS
\$1.49

ALL SUP'S
Con Queso
15 OZ.
PACE PICANTE
\$2.99

Coke
12 oz 6 pk. cans
\$1.59

3 Liter
\$1.99

CHASE
Cherry Mash
2 FOR **89¢**

Cheerios
ALL FLAVORS
REG. 99¢
79¢

ALL SUP'S
Arizona Tea
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ALL FLAVORS
99¢

ALL SUP'S
Meat Franks
12 OZ. PKG.
69¢

ALL SUP'S
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Solaray Sunglasses

YOUR CHOICE
\$1.00 OFF EA. PAIR

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Plus You Could Win Instant Cash up to \$1,000, or try your luck at our second chance sweepstakes for 1 of 8 gas for a year winnings, or 1 of 8 weekend trips for four people to SIX FLAGS!

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INTEREST AS LOW AS 0.9% APR ON SELECTED VEHICLES WITH FMCC

98 RANGER XLT R/C



STK #136T. ZERO DOWN
Total vehicle price before discounts \$15,825. Sale price is \$13,325.
Payments based on 10% down plus \$778.41 at 6% interest for 24 months with one final payment of \$912.50. 24,000 miles allowed during term of 24 months. Purchaser may refinance the last payment or trade the vehicle into the dealer and pay a \$250.00 deposit for plus any extra wear and tear. 15¢ a mile over 24,000 miles.

\$244.79 MO.*

98 ESCORT SE

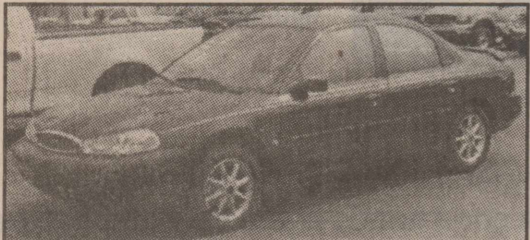


STK #5788.
Total vehicle price before discounts \$18,180. Sale price is \$16,745.
Payments based on 10% down plus \$778.41 at 6% interest for 24 months with one final payment of \$912.50. 24,000 miles allowed during term of 24 months. Purchaser may refinance the last payment or trade the vehicle into the dealer and pay a \$250.00 deposit for plus any extra wear and tear. 15¢ a mile over 24,000 miles.

\$271.47 MO.*

INTEREST AS LOW AS 0.9% APR ON SELECTED VEHICLES WITH FMCC

98 CONTOUR SPORT



STK #122F.
Total vehicle price before discounts \$17,820. Sale price is \$15,979.
Payments based on 10% down plus \$778.41 at 6% interest for 24 months with one final payment of \$912.50. 24,000 miles allowed during term of 24 months. Purchaser may refinance the last payment or trade the vehicle into the dealer and pay a \$250.00 deposit for plus any extra wear and tear. 15¢ a mile over 24,000 miles.

\$262.86 MO.*

98 MUSTANG

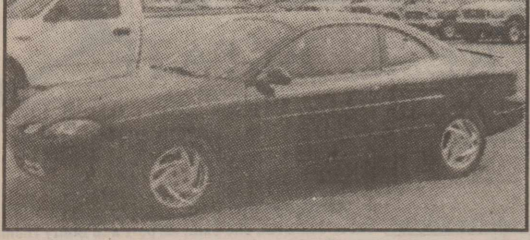


STK #5788.
Total vehicle price before discounts \$18,180. Sale price is \$16,745.
Payments based on 10% down plus \$778.41 at 6% interest for 24 months with one final payment of \$912.50. 24,000 miles allowed during term of 24 months. Purchaser may refinance the last payment or trade the vehicle into the dealer and pay a \$250.00 deposit for plus any extra wear and tear. 15¢ a mile over 24,000 miles.

\$271.47 MO.*

INTEREST AS LOW AS 0.9% APR ON SELECTED VEHICLES WITH FMCC

98 2X-2 SPORT



STK #31F.
Total vehicle price before discounts \$15,305. Sale price is \$14,399.
Payments based on 10% down plus \$778.41 at 6% interest for 24 months with one final payment of \$912.50. 24,000 miles allowed during term of 24 months. Purchaser may refinance the last payment or trade the vehicle into the dealer and pay a \$250.00 deposit for plus any extra wear and tear. 15¢ a mile over 24,000 miles.

\$241.38 MO.*

98 RANGER XLT S/C



STK #187T.
Total vehicle price before discounts \$20,425. Sale price is \$17,999.
Payments based on 10% down plus \$778.41 at 6% interest for 24 months with one final payment of \$912.50. 24,000 miles allowed during term of 24 months. Purchaser may refinance the last payment or trade the vehicle into the dealer and pay a \$250.00 deposit for plus any extra wear and tear. 15¢ a mile over 24,000 miles.

\$213.67 MO.*

* ALL REBATES, IF ANY, ASSIGNED TO DEALER. PAYMENTS ARE BASED ON APPROVED CREDIT AT LEVEL 0-2 WITH FMC. SOME CUSTOMERS MAY NOT QUALIFY FOR THESE RATES OR LOAN.

99 F250 XL R/C
STK #62T. **\$18,986**
TBD: \$21,405

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STK #178T. TBD: \$34,290 **\$29,926**
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